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Six Moves for 6-Pack Abs

New Baldness Cures Page 65



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Quads of the Gods
PAGE 24

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Men

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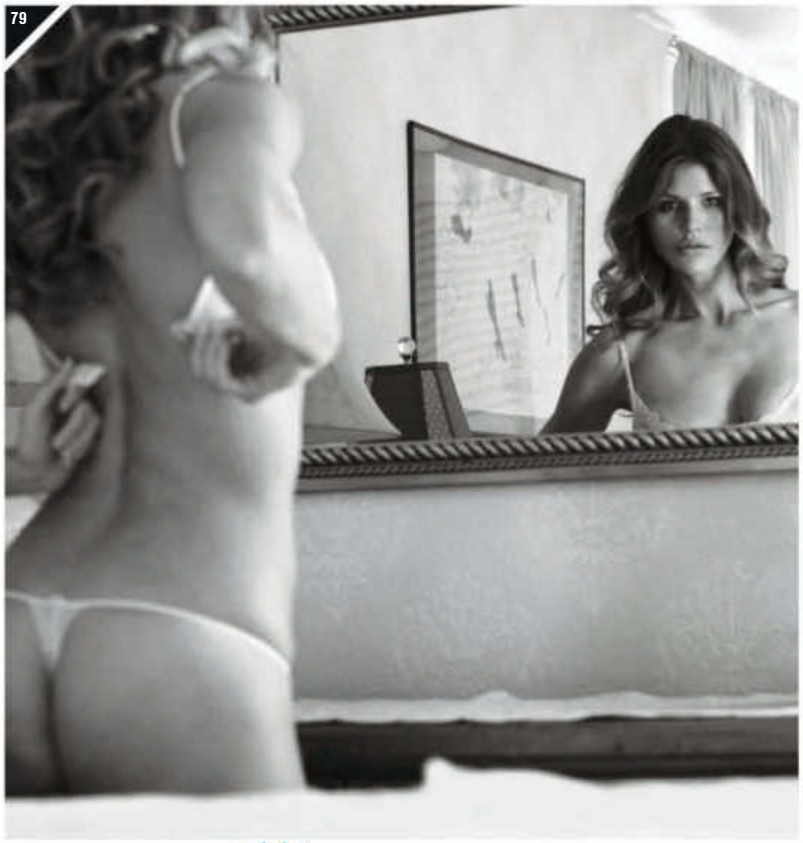
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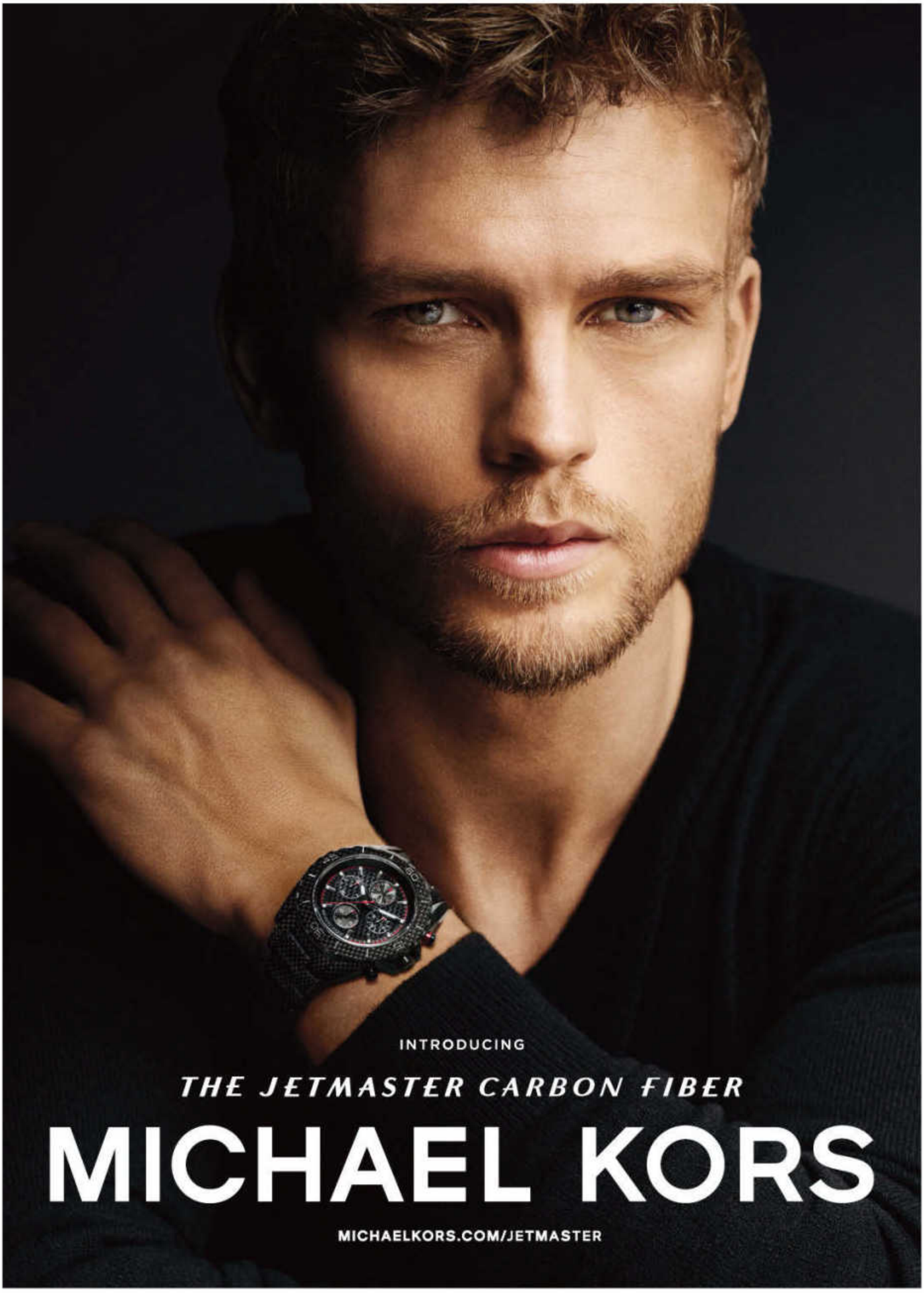
SPRING 2016 GUIDE TO STYLE

Time to toss your tattered T-shirt and baggy jeans. These 21 rules will help you stand out among the gingham-clad masses.

ON THE COVER
Ryan Reynolds, photographed by Ture Lillegraven. Styling by Brian Boyé, grooming by Kristan Serafino/ Tracey Mattingly. John Varvatos shirt, 3x1 jeans, Miansai bracelet.



Clockwise from top left: Carlos Nunez/picdesk.com; THE VOORHEES; SAM KAPLAN; BEN LAMBERTY; Paolo Marchesi


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The Big Question

What's Killing Middle-Aged White Men?

"YOU'LL LIKE IT HERE. JUST WATCH OUT FOR THE HEROIN." So began my first conversation, with the very first local I met, after I'd moved to Pennsylvania to start a new job at *Men's Health*. It was March 2003. Not long after the movers left, I heard skidding and then a thud coming from the road behind our empty house. I rushed outside to find a young pizza delivery driver—he was maybe 17 years old—staring at his car. He had skidded off the road and into a snowbank.

He wasn't hurt, but he was freaked out. I offered to call a tow truck, but he balked. Turns out the kid was working under the table and didn't want to get his employer into trouble. Instead he called his father. Since I was new in town, I decided to grill him about the area while we waited. That's when he mentioned the heroin. He said it was everywhere, including at the high school. It was easier to get than booze. Cheaper too.

His tone was nonchalant and devoid of judgment. Heroin was just a fact of life. Truth is, I hadn't thought about the drug in years. Growing up, I had learned so much about its ability to quickly destroy lives that I assumed today's drug users knew better.

I didn't think about that conversation again until a few years ago, when a relative of mine overdosed. He was lucky—the paramedics gave him a shot of naloxone that saved him. It was a wake-up call for me. He didn't strike me as a heroin user. Or was I just not paying attention?

The problem, it turns out, isn't unique to my corner of the country. Last year, a Princeton professor made a startling discovery: While people are generally living longer these days, one specific group has experienced a decline in longevity—45- to 54-year-old white Americans. The reason? Self-destruction, often by heroin abuse.

We put contributing writer Larry Stains on the case. He discovered that the problem is a perfect storm of sorts. Around the world, the trajectory of people's life satisfaction is U-shaped. In the United States, our happiness progressively dips as we approach midlife, and then takes an upswing as we start to ride off into the sunset.

The lowest point for American men, on average, is age 52. That's when mortality becomes more than just an abstract concept, and unmet aspirations nag at us. The stereotypical man copes by running into the arms of his babysitter or BMW dealer. But today's middle-aged guys are dealing with other external influences, like a post-recession job squeeze and an increasingly wider income gap between them and the 1 percenters. Drugs are cheaper than mistresses and M5s, and now they're killing roughly 27,000 American men prematurely every year.

Sadly, there is no easy solution. As with any addiction, the first step is recognizing it—in yourself, a family member, a friend. The pizza guy tried to warn me a dozen years ago, and I shrugged him off. Your warning begins on page 85. What will you do with it?





Bill Phillips,
EDITOR-IN-CHIEF
@billphillipsMH

EXPRESS CHECKOUT

MY FAVORITE TIPS FROM THIS ISSUE

Kiwis, those hairy brown orbs you walk past in the produce aisle, can raise good cholesterol. PAGE 10

If recent history of the Final Four holds, you can pick winners of the semis and title game using alphabetical order. PAGE 14

Clearing the clutter from your bedroom can help you sleep better. PAGE 18

The best candy bar for those moments when nothing else will satisfy you? Godiva's 72% Cacao Dark Chocolate Almond bar. PAGE 33

To build muscle after a workout, your body needs just as much carbs as protein, if not more. PAGE 39

Two of the most effective cardio machines at the gym are the Airdyne bike and the Concept2 rower. PAGE 52

In five years or so, stem-cell treatment may finally cure baldness. PAGE 67

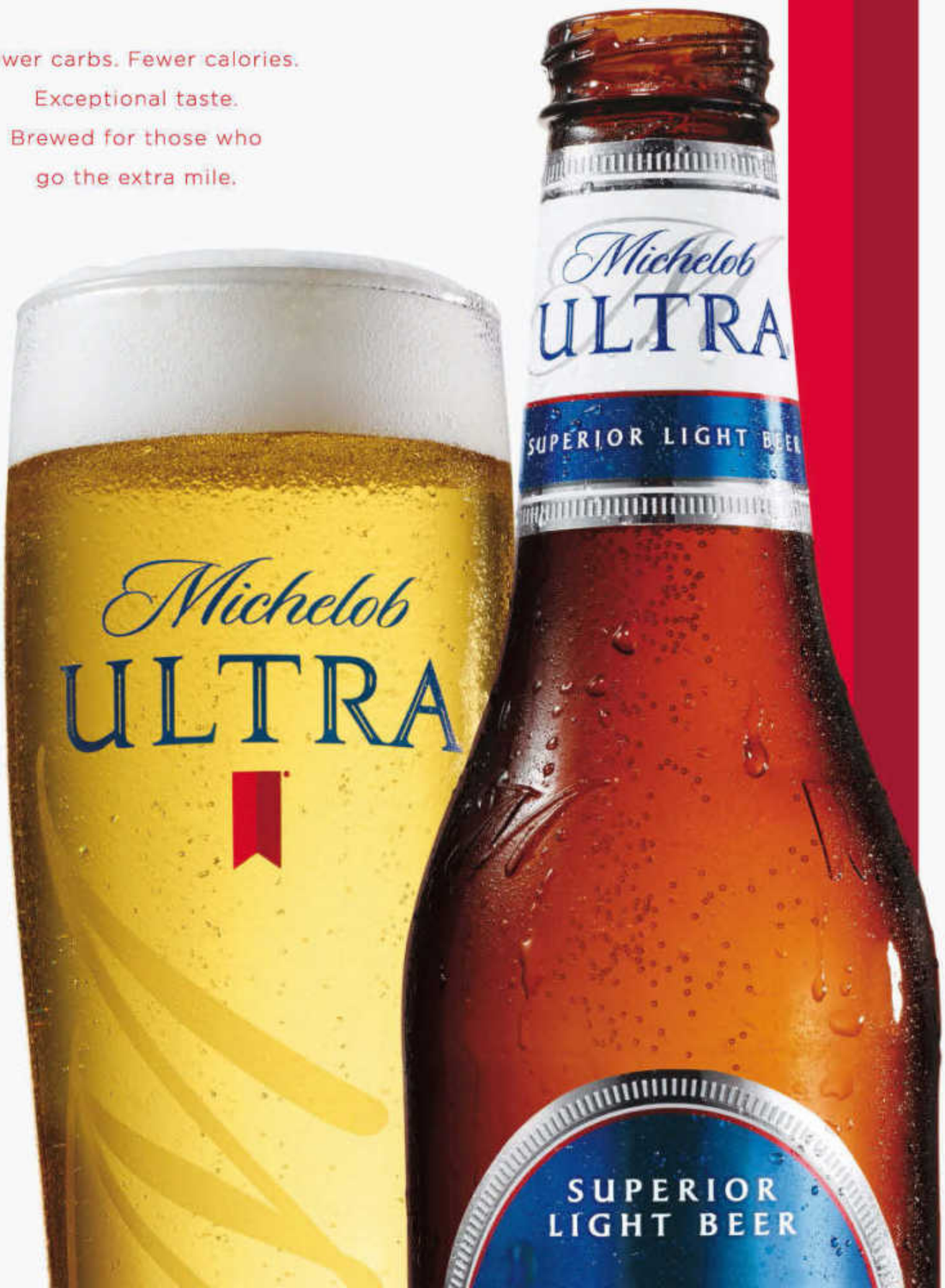
The farther you sit from the entrance at a restaurant, the more likely you are to order dessert. PAGE 102

If your skin is very fair, avoid wearing bright colors—you'll end up looking washed-out. *MH* GUIDE TO STYLE, PAGE 20

Spencer Heyfron (photograph)

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The News You Need to Know—Now!



How Pills Lead to Diabetes

Overusing antibiotics can raise your risk of type 2 diabetes, scientists in Denmark found. These meds may alter the balance of microorganisms in your gut, which prompts changes in insulin sensitivity and glucose tolerance. So skip the pills unless your doctor insists because of a serious bacterial infection.

Try the Heart Medicine That Grows on Trees

Kiwis can help improve your cholesterol profile. In a study from Spain, people who ate at least one of these fruits a week had 8 percent higher HDL (good) cholesterol levels and 16 percent lower levels of triglycerides (bad blood fat) than those who ate less. The fruit's antioxidant content may play a role, the researchers think.





Have a Cup of Longer Life

Science has settled on the best coffee dosage. A 28-year study found that among people who drank 3 to 5 cups a day, there were fewer deaths from heart disease (19 percent) and diabetes (24 percent) than among coffee abstainers. Java has many compounds, including chlorogenic acid, a powerful antioxidant.

Was That a Heart Attack?

You may have had one and not realized it. When 1,800 men had heart scans, 40 percent of those with scarring consistent with a heart attack didn't know they'd had one. See your doc if you feel mild chest pain, nausea, unexplained fatigue, or discomfort in the neck or jaw, especially if you're over 50.



If You're Going to Swipe Right, Then Wrap Up

STD rates are on the rise. A new report from the CDC reveals that chlamydia rates are among the highest ever, gonorrhea has increased 10 percent since 2010, and syphilis has nearly tripled since 2000. Possible reasons, says Bradley Stoner, M.D., Ph.D., of Washington University in St. Louis: hookup apps that take you outside your social circle, and a general relaxation of caution since the early days of AIDS. Be safe!



A Sad Legacy of Selfish Smoking

Tobacco doesn't just hurt your body—it can damage your sperm's DNA. Researchers in India found that if you smoke, your offspring are seven times more likely to develop an eye cancer called retinoblastoma. If you chew, they're 4.8 times more likely. One treatment for the cancer: surgical removal of the eye.

A Pear-Shaped Belly Shrinker

Pear eaters weigh nearly 8 pounds less than folks who shun 'em, even if both groups' calorie intake is roughly equal, a study of 24,800 people showed. They're also 35 percent less likely to be obese. One reason may be the high fiber content in pears—about 30 percent higher than that of apples.

Breathe Easier: Order the Fish of the Day

Eating fish may cut your odds of lung problems. People who ate four or more servings of fish a week had a 29 percent lower risk of chronic obstructive pulmonary disease (COPD) than those who had fish less than once a week. High fish intake also indicates a better diet, which itself helps fight COPD.

More Reason to Stay Home

The more you cook at home, the lower your diabetes risk, a Harvard study found. People who prepared 11 to 14 meals a week cut their risk by 13 percent over that of folks who made six or fewer meals. At-home cooks probably use fewer unhealthy ingredients than restaurants do, the researchers say.

Check the Death Dipstick in Your Pants

If you stay soft, don't shrug it off. In a recent study, scientists found that men with erectile dysfunction had a 70 percent higher risk of dying within an eight-year period than those with strong boners. ED can be caused by high cholesterol, hypertension, and diabetes and may also be an early sign of heart disease.

Slow Down, Lose Weight

Rushing through meals can lead to added pounds. In a Japanese study, the BMIs of fast eaters were 1.8 points higher, on average, than those of folks who ate slowly. When you gobble your food, you may end up overeating before your brain receives the signal that you're full.

A Little Snip Can Lead to More Sex

Men who've had a vasectomy report having sex once more per month than unsnipped dudes. The reason is unclear, but one possibility is that your partner is less worried about pregnancy or birth control's side effects, says study author David Guo, M.D. Relax: Vasectomies rarely cause complications.

ILLUSTRATIONS BY CATHERINE A. MOORE


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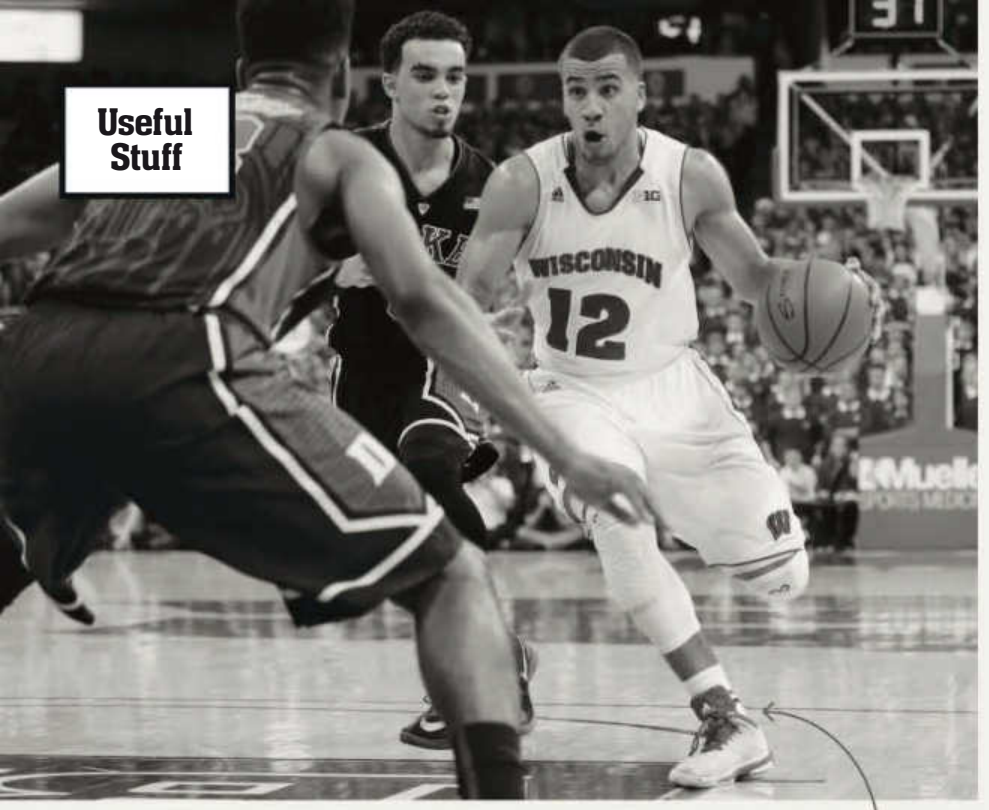
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Ride the River Wild

Kevin "KB" Brown, co-owner of the Strongwater Mountain Surf Co. in Missoula, Montana, shapes short-and-stout custom boards, which he and his crew use to ride rivers. The waves there stay constant, so you can shred forever. Surf's up now as winter snowpack melts. Learn more about the sport at riverbreak.com.

Paolo Marchesi



How to Pick Your Best Bracket Ever

This time, pay attention to the conferences.

They call it March Madness for a reason: The Big Dance defies history, probabilities, and data crunchers' attempts to make order out of the chaos. According to Sheldon Jacobson, Ph.D., a professor of computer science at the University of Illinois, your odds of picking a perfect bracket are roughly one in nine quintillion. (That's a 9 followed by 18 zeros.) No wonder picking top seeds doesn't pan out.

But once you focus on conference performance, trends emerge. In the past decade, "power conference" teams made up 52 percent of the tournament field and 79 percent of the at-large teams, but nabbed 85 percent of all Elite Eight and Final Four slots. And won every championship.

Since most pools weigh late-round victories more heavily than early-round ones, you need to pack the middle of your bracket with power conference teams. But which ones? Once you drill deeper into Jacobson's round-by-round data, it becomes clear that some conferences are more powerful than others.

Here's a breakdown of how each fared as the tourney progressed. Use these stats to shore up your own odds of winning the pool this year. –MARKHAM HEID

Favorites have won 56 percent of Final Four games since 2013.



Conference	Teams to Make the Tourney	Teams to Survive Round 1	Teams in Sweet 16	Teams in Elite 8	Teams in Final Four	Number of Champions
Big East	75	47 (63%)	26 (58%)	15 (53%)	8 (25%)	2
Big Ten	61	43 (70%)	23 (48%)	11 (73%)	8 (0%)	0
Big 12	57	38 (67%)	18 (61%)	11 (18%)	2 (50%)	1
ACC	53	38 (72%)	20 (50%)	10 (40%)	4 (75%)	3
Pac-12	45	33 (73%)	19 (37%)	7 (43%)	3 (0%)	0
SEC	44	27 (61%)	17 (76%)	13 (62%)	8 (38%)	3
American	6	4 (67%)	2 (50%)	1 (100%)	1 (100%)	1

Statistics from the last 10 tournaments. Win percentage in parentheses.

JACOBSON'S INSIGHT

Beware the bridesmaids. The Big Ten sends plenty of teams to the Final Four and championship, but none has won it all lately.

Look for cream on top. Only four ACC schools have made the Final Four in the past 10 years, but three of those won the championship.

Watch for strong survivors. Despite so-so early-round results, the SEC has proved tough to take down after the opening weekend.

3 Weird Final Four Wagers

Bet bizarrely: You might be surprised.

Alphabetical Order
It's simple: Pick your winners based on the first letter in each team's name. (So Duke beats Wisconsin.) **Does It Work?** Sure! Over the past three years, you'd have gone 8-1 in all Final Four games. For example, Connecticut upset Florida in the 2014 semifinals.

Mascot Cage Match
Use Darwinian logic to decide which mascot would prevail if the actual animals were to face off in the wild. Would you bet on the owl or the blue hen? **Does It Work?** Not really. This idea went 4-5 in the past three years. Louisville's Cardinals pecked apart the Wolverines in '13.

Shorter Point Guard
Good ballhandling is important at crunch time. So bet on the team with the shorter starting point guard. **Does It Work?** Pretty well: 7-2 in the past three years, including 3-0 in the finals. In recent years, no point guard over 6'2" has won the trophy. (In a height tie, choose the higher seed.)

Photograph by LEVI BROWN (dart), prop styling: Megumi Emoto/Anderson Hopkins; Mike McGinnis/Getty Images (players)


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Groomed for the Job

Big interview? Five ways to avoid making a bad impression.

Feral Fuzz
Neck, ear, or nose hair is distracting—and memorable to your interviewers. They'll remark on the broom growing out of your nose, says career coach Sherri Thomas. The night before, mow your overgrown areas with a multi-use tool such as Panasonic's Hair, Beard and Body Electric Trimmer ($30, panasonic.com). Check your work in the a.m.

Death Breath
Brushing your teeth in the morning isn't enough. Toss one of those travel-size mouthwash bottles in your bag and use it just before you start talking about yourself for an hour in close quarters. The alternative is gum or a mint before you enter the building, says Thomas. Just be sure to spit out the gum before the meet and greet. No, not on the rug.

Offensive Odor
Since nervousness releases the smelly kind of BO, the pit swipe is critical. But don't bother with any colognes or scented lotions, says executive career coach Joel Garfinkle. Your scent might remind the interviewer of her jerky brother-in-law—or her ex. Go with something neutral, like Dove's Sensitive Skin Unscented Beauty Bar ($3, target.com).

Snot and Flakes
Nose blowing can leave traces on your face, so triple-check. (Make that quadruple!) Also dust away dandruff and clear flecks of spinach from your teeth. If you fail in this area, your interviewers won't hear your answers—they'll be too preoccupied with being grossed out, says Garfinkle. Do a last-minute check with your phone in selfie mode.

Sweaty Palms
A slimy handshake makes people think of germs and your hygiene, says Tom Gimbel, CEO of the national staffing firm LaSalle Network. Dry your mitts with an alcohol-based antibacterial lotion, such as Aesop Resurrection Rinse-Free Hand Wash ($10, aesop.com). Or use an antiperspirant. You're so resourceful! You're hired.

—SANDRA NYGAARD

2.4

Average pounds gained in a year by folks who stepped on a scale weekly. But those who weighed in about five times a week *lost* 1.1 pounds. Set a scale by your bed and step on it every morning.

Source: *Obesity*

QUIT FACEBOOK, FEEL MORE SOCIAL

Status update: Stop reading status updates. **People who took a Facebook break ended up feeling better than those who didn't,** a Danish study found. They also had more focus and were more satisfied socially (i.e., in real life). Facebook feeds may cause envy and have become an unrealistically positive highlight reel of users' lives. Here's how many people in each group said they were…

	WEEKLONG FB BREAK	NO BREAK
HAPPY	88%	81%
WORRIED	41%	54%
SAD	22%	34%
ANGRY	12%	20%
ENJOYING LIFE	84%	75%
ENTHUSIASTIC	61%	49%
DEPRESSED	22%	33%
DECISIVE	64%	56%
LONELY	16%	25%

GREEN WITH FACEBOOK ENVY

5 in 10 FB users envy others' experiences

1 in 3 envy others' happiness

4 in 10 envy others' success

FIND ANYTHING FAST



You're not a loser—you're a tech-savvy genius!

Even the most organized people lose their stuff occasionally—keys, wallet, equilibrium. So the gadget makers went to work. The result is **Tile, a Bluetooth-enabled little plastic square that syncs to your smartphone** to act as a homing beacon and reminder of your forgetfulness. Just attach a Tile to any likely suspect. If the item walks, open the app, click Find, and follow a digital map to its location. Your phone will ring when you're close. (Just try not to lose your phone.) We tested it—and it worked! We found the cat in the conservatory with a lead pipe, quietly plotting our demise. *$25, thetileapp.com*

Simon Lipman/thelicensingproject.com (man)



Ace Your First 3 Minutes

Whatever the situation, early moves matter.

Having her over for the first time
The obvious is crucial: Offer her a drink. Holding a glass helps ease anxiety, says relationship expert Laura Berman, Ph.D. A tour should be short—no tacky pause at the bedroom. "Oh, that photo? My beloved grandmother."

Attending an open house
Don't let shiny counters blind you; you want a roof that's newer than 15 years and double-pane windows under 20 years old, says John Ternullo of Re/Max Leading Edge. And check the doors. If they don't shut true and square, the place could have structural flaws.

Brainstorming at work
Announce the restrictions on a project—time, money, whatever; these can spur creativity. And surprise 'em by, say, passing out menus if it's close to lunchtime. That outside element can kickstart riffing, says Jonathan Groff, executive producer of the ABC comedy *Blackish*.

Entering a party
As you approach someone, say "Great" three times to yourself to trigger your smile. Introduce yourself, make a comment about the occasion, and ask an open-ended question, says Nicholas Boothman, the author of *How to Make People Like You in 90 Seconds*.

Buying a used car from the owner
Pop the hood and check the two long pieces of steel the engine sits on. Pull out the spare tire from the trunk and examine the well. If you see dings or dents, the car has sustained front- or rear-end damage, says Mike Brewer, host of *Wheeler Dealers*. Move on. —STEVE CALECHMAN



Brew Stronger Health

The secret ingredient in green tea? Longevity. Here are 4 big benefits from sipping often.

20%
Reduction in stroke risk
(≥4 cups/day)

40%
Reduced risk of head and neck cancers
(≥5 cups/day)

53%
Lower rate of cognitive decline
(Drinking it between 1 and 6 days/week)

12%
Less chance of dying of heart disease
(3 to 4 cups/day)

Sources: *Annals of Epidemiology, PLOS One, Stroke*

YOUR SIMPLE SCRIPT FOR EVERYDAY SEDUCTION

Is your romantic banter sitcom-stale? Then change the script. Using the same pet names and compliments over and over eventually makes them meaningless, says Warren Farrell, Ph.D., author of *The Myth of Male Power*. In fact, the less creative you are, the less respect she may feel toward you. Two moves can help you regain your mojo. **1. Be sweet.** Twice a week, conjure up something funny and creative. Example: "I fell in love with your mind but fell in bed with your body." Or maybe just "I love listening to you" if she's sharing the events of her day. **2. Be explicit.** You don't have to be X-rated, just direct. Twice a week, call out something specific about her: for example, "I love your right ear"—or "tight rear." —MICHELLE MALIA

How Music Can Build Your Team

Got a grumpy bunch at a meeting? Make 'em sing.

Here's a weird but proven team builder for your group: Sing! Research reveals that group singing is a great way to build bonds. The magic is in the common goal, physical exertion, and synchronous effort. In a recent study in *Royal Society Open Science*, people stood in a circle without sheet music (better for eye contact) and sang everything from tribal chants to pop songs. If the grumps balk, just start belting; it's hard to resist a bluesy chorus of "Goodnight, Irene." —M.M.

From left: David Muir/Getty Images; LEVI BROWN, prop styling: Megumi Emoto/Anderson Hopkins



Sleep Deeply Tonight

Do these 3 things; wake up totally refreshed 8 hours later.

Clean Your Room Disarray can interfere with a good night's sleep, according to research (okay, it was on hoarders) in the journal *Sleep*. Too much visual stimulation overwhelms your nervous system and makes you restless, says *MH* sleep medicine advisor W. Christopher Winter, M.D.

Skip the Sauce Booze may help put you out, but it also increases your brain's alpha wave patterns, activating areas that make restorative REM sleep hard to achieve. If you've had a few too many, chug water before bed to help dilute your blood alcohol concentration—and your regrets the next morning.

Sleep Naked Sound sleep requires an internal temp that drops as you drift off and rises as dawn approaches. So try this: First, take a warm shower—or have a quick romp—to boost body heat. Then sleep in the buff under a sheet and blanket you can easily throw off. —K. ALEISHA FETTERS

CASE CLOSED! Tired people generally sleep better. University of Pennsylvania researchers reached this astonishing conclusion after assessing the daily activities of 430,000 people. In the study, those who exercised regularly were more likely to average 7 to 8 hours of sleep a night. But you knew that, right?

BIZARRE TRIVIA

Question: What's the most painful (and deadly) place on your body to get shot?

Answer The pelvis. "There's a nerve bundle there that distributes pain throughout your entire body," says "Doc," a former Marine hospital corpsman who spent eight years as part of a helicopter search-and-rescue team in Iraq and wishes to remain anonymous. "The bone structure is all tied in. Shooting pain overwhelms you from head to toe. You are completely incapacitated and still awake with pain." That point is worth emphasizing. You don't pass out from the pain, as some Hollywood movies might suggest. At least you can call a doctor. Keep that in mind the next time you're watching any Quentin Tarantino film. —JAY FERRARI

20%

Increase in your calorie burn if you get off the dreadmill and take a real walk, an Ohio State study found. People have a natural tendency to vary their walking speed, which uses more energy than moving at a steady pace.

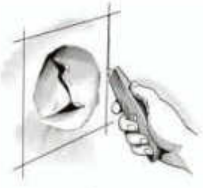


WEEKEND PROJECT

The Fast Fix for a Hole in the Wall

4 steps to make sure no one ever notices.

Surely you'd never punch a wall. But let's say a hole appears—from a doorknob, okay? You'll want to fix that before your wife or girlfriend notices. This repair takes less than an hour, claims Jonathan Scott, a cohost of HGTV's *Property Brothers* and coauthor of *Dream Home*, a home-improvement book due out this April. —MICHELLE MALIA



STEP 1

Do More Damage Rough edges need to be cleaned up. Use a utility knife to cut around the busted spot until you have a square just a little larger than the original hole.



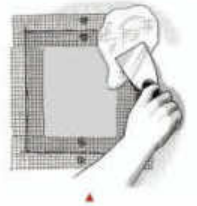
STEP 2

Secure Supplies Buy drywall joint compound (32 oz), a putty knife, sandpaper, mesh tape, a 1"x2" piece of plywood that's just longer than the hole is tall, and four drywall screws.



STEP 3

Build Up Support Insert the wood strip into the hole and pull it flush against the drywall. Secure it with two screws drilled into the wall. (Countersink them below the wall's surface.)



STEP 4

Patch It Up Cut a square of drywall to fit the gap. Secure it to the wood with two screws. Tape and spackle the seams. Wait 20 minutes; then sand smooth. Paint to match.

Thom Jackson/thelicensingproject.com (couple); Shutterstock (fist); STEVE SANFORD (illustrations)





ALCOHOL FREE

MANY SLEEP-AIDS HAVE PAIN MEDICINE. ZZZQUIL DOESN'T.

THE NON-HABIT FORMING SLEEP-AID THAT'S NOT FOR PAIN, JUST FOR SLEEP.

Use as directed for occasional sleeplessness. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2016

VICKS



THE SPITZ TAKE

Her Kink Secrets

Fire play. Cross-dressing. Necrophilia. You might want to lie down for this.

By Eric Spitznagel

Just when you thought you knew everything about human sexuality, along comes a new study that makes you feel like your dad probably did when someone explained bukkake to him during Cards Against Humanity.

That's the reaction I had while reading "Sensual, Erotic and Sexual Behaviors of Women from the Kink Community" in the *Archives of Sexual Behavior.* Researcher Jennifer Rehor, M.A., surveyed 1,580 women in the kink community about their participation in 126 erotic and sexual behaviors. It's a gold mine of modern sexual terminology—not to mention a highly stimulating read.

Some of the findings won't surprise you; 85 percent of participants enjoy receiving a good spanking, 75 percent want to bite lovers, and 85 percent are into "light" bondage.

But then it starts to get weird. Fifteen percent are into "imposed masculinization" and 35 percent enjoy "forced cross-dressing," both of which seem awfully pushy. Ladies, relax. What's wrong with just asking nicely if we'll wear your panties?

Here's one of my favorites: "Sex with corpse (fantasy)." Only 6.84 percent enjoy that activity, but that's 6.84 percent out of 1,580 women. Which means 108 women surveyed for this study said (I'm paraphrasing), "Oh yeah, I definitely like to pretend he's dead and I'm having sex with his corpse."

Naturally, I called Rehor for details.



MEN'S HEALTH: Once you get deep into the list, there's some stuff that's really… I don't want to say crazy.

JENNIFER REHOR: No, we shouldn't put a value judgment on any of this.

But "knife play"? "Razors"? That's kind of crazy, right?

That's what people think. But it can be done in a very playful and gentle way.

Help me out here.

You show your partner a really sharp, scary knife. And then you blindfold them. You lay them down. You put that sharp knife aside, and you get, like, a pie server—something that has a rounded edge and is made out of metal so it feels cold.

Ah, I get it. The old switcheroo. So it's not about cutting them; it's about making them think you're going to cut them.

Right.

That's, um…romantic?

It's a way of being fun and exciting, with absolutely no intent to cause any harm.

Speaking of causing harm, is "blood play" what it sounds like?

Do you have any tattoos?

I don't, no.

When you get a tattoo, there's a little bit of bleeding that's involved. It's similar to that. A couple drops of blood.

That's got to be a tough thing to bring up on a first date.

It doesn't always have to be blood from a wound. It could be menstrual blood.

Ah, I didn't even think about that.

Most men don't.

Let's talk about the semen drinking.

[Laughs] Okay.

Seventy percent like to ingest semen. And a little under 9 percent like to, and I'm quoting here, "use semen in mixed drinks or cooking/baking recipes."

That's right.

Okay, um…I get the felching and the snowballing and the foot jobs and vaginal fisting, and rimming and what have you. But this? This I don't get.

It's pretty simple, really.

Actually, no, it seems entirely complicated. You need measuring cups and mixing bowls and whisks, and you have to preheat the oven. It's really involved.

Well, you can make it complicated. But if you're doing a cocktail, you can also have the drink mostly premade and on your nightstand so it's ready to go.

Okay, that makes a little more sense. I read "cooking/baking recipes," and the first thing I thought was "Do they mean, like, a banana bread recipe?"

[Laughs.] Well, it could be.

But instead of mashed bananas, you use semen.

Yes, yes, I got that.

What if a guy wants to see if his wife or girlfriend is into any of the kinks in your study. How do they broach the subject?

It depends on the partner. If you're coming from a place of playfulness and curiosity, that's a pretty good way to approach it.

Maybe something like, "Hey, I found these delicious Greek yogurt recipes, but we're all out of yogurt. So, you know…"

[Laughs.] Exactly.

THERE ARE 126 KINDS OF KINK?

"Well, actually, I compiled a list of nearly 1,000 forms of erotic stimuli. Then I realized nobody is going to fill out a survey that long. So I culled it down."

—Jennifer Rehor

From left: Ryan O., Everett Collection

Why You Deserve a Urinal at Home

4 reasons to have your own place to pee.

Imagine the testosterone-soaked joy of having a professional-quality urinal in your own home. Potential hitch: *She* won't be able to imagine it. Urinals don't use that much less water than toilets and are costly to install, she might contend. But you can't put a price on feeling like the lord of your lavatory. Here's how to sell it.

1/ It will end the seat-up wars. With the addition of a urinal, the regular toilets in your home will suddenly become seated-only environments.

2/ It will preserve the bathroom floor. Yes, men occasionally shoot air balls or at least overspray. Now you'll have a backboard. Three-point line optional.

3/ It will let her rule the toilet turf. You'll only have squatter's rights on that former throne, so now she can have her fuzzy floor mats and lid covers.

4/ It will increase your home's value. This one is difficult to prove on paper. Technically, it's not true. At least not until prospective buyers show up to see the house, and one of those buyers has a penis.

—JOHN SCOTT LEWINSKI



Photograph by LEVI BROWN, prop styling: Megumi Emoto/Anderson Hopkins; illustration by STEVE SANFORD

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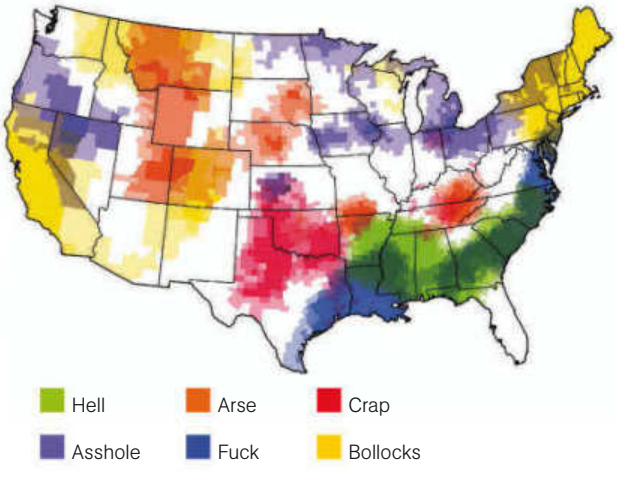
Percentage of people who are way less active than they think. The proof? Activity trackers, which never lie, even if you do.

Source: *Medicine & Science in Sports & Exercise*

Swear Like One of the Locals

Our guide to what's regionally offensive.

To help you mouth off masterfully—or recognize when someone who's cursing means business—Jack Grieve, Ph.D., a linguist at the U.K.'s Aston University, analyzed 8.9 billion words from 980 million tweets to create a geographic heat map of where various expletives are used. So don't give a crap when you should raise hell. The South's profane, the Midwest quaint. And the Brits are coming for California. —MICHELLE MALIA





Overeating causes more than shame and indigestion. You'll also gain plenty of leftover health issues.

The Ridiculous Glutton Diet

Six guys spent a week eating 6,000 calories a day—with shocking results.

An average active guy should consume 2,600 to 2,800 calories a day, according to USDA recommendations. So what happened when men gobbled more than double that for a week while lying around? Some seriously scary stuff, according to a study in *Science Translational Medicine*.

1/ They Packed On Pounds
The average weight gain was 8 pounds, and nearly all of it was fat! Of course, you don't have to gorge to gain weight: "Consistently eating even 10 percent more calories than you need qualifies as overeating," says sports dietitian Marie Spano, M.S., R.D.

2/ They Courted Diabetes
After two days, all the men developed insulin resistance, a precursor to diabetes. Their bodies were unable to use insulin effectively, leading to glucose building up in their blood instead of making its way into their cells to be used for energy or stored.

3/ They Swelled Up
Urine samples showed markers of oxidative stress—as in lots of free radicals, which trigger inflammation and damage cells. These pop up when your body has to work hard to process extra fuel, says study coauthor Salim Merali, Ph.D. —MARYGRACE TAYLOR

THINGS WE LOVE

PILOT VARSITY FOUNTAIN PEN



The mass production of inexpensive ballpoint pens in the 1950s spelled doom for the noble fountain pen. That's a shame, because there's nothing quite like the precise scratch of nib on paper. A fountain pen requires less pressure than a ballpoint, so it's easier on your hand. You can still purchase ultrapricey ones, like the $1,035 Montblanc John F. Kennedy Special Edition. But if you tend to lose pens, start with the **Pilot Varsity.** These come in three-packs, so you'll have a spare when the first one or two go missing. After all, even your quickly scribbled to-do list deserves the chance to feel stately and authoritative. *$9 for 3, amazon.com*

SHOULD YOU LIFT OVERHEAD?

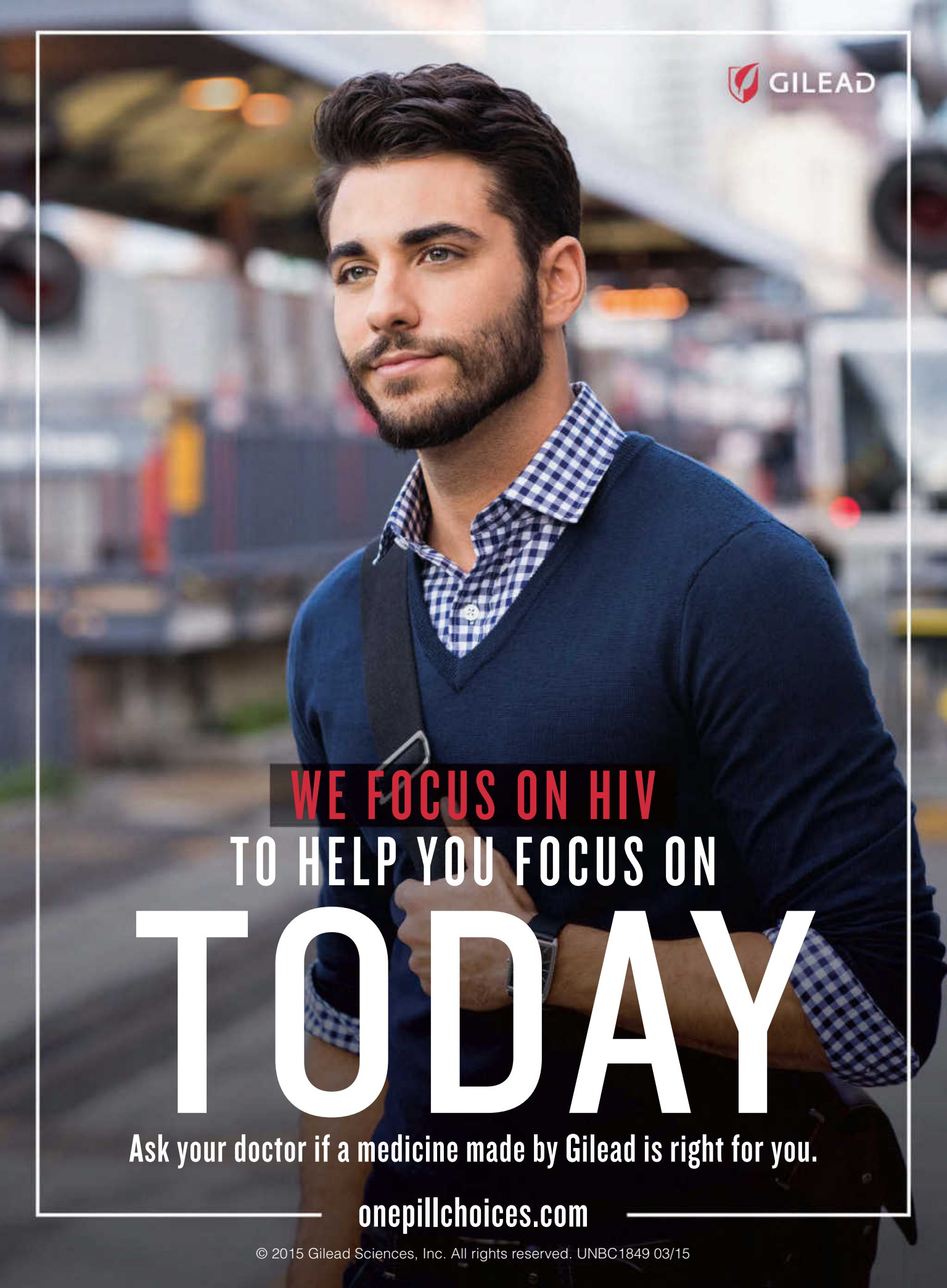


Whoa there, Flintstone. Hoisting heavy objects overhead may feel primitively pleasing, but it's a great way to mess up your shoulders and lower back for good if your form is faulty.

Poor mobility leads to imperfect form, which aggravates joints and causes lingering pain, say researchers in the U.K. Use this quick test to check your form before diving into overhead lifts. First, stand with your arms at your sides and your feet hip-width apart. Then raise both arms at once, keeping your lower back and elbows straight, palms in, and arms by your ears (as shown above).

If you're having trouble mirroring this, you need to start stretching before your workouts. Until you can execute the test properly, replace any overhead dumbbell, kettlebell, or other free-weight move with more-stable high-incline exercises. This should allow you to develop overhead strength while reducing the likelihood of injury. As you limber up, your form should fix itself so you can slowly return to overhead moves. —MICHAEL EASTER

LEVI BROWN (pizza); prop styling: Megumi Emoto/Anderson Hopkins; STEVE SANFORD (illustrations)



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THE MUSCLE GUY

Quads of the Gods

3 ways to boost your performance and fortify your lower body.

By BJ Gaddour, *MH* fitness director

When you pull on your swim trunks this summer—or next week in Cabo—will your thighs be easy on her eyes? Even more important: quadriceps strength, which is critical for knee health, squatting, running, and jumping. The three moves below will take you from Chicken Legs to Quadzilla.



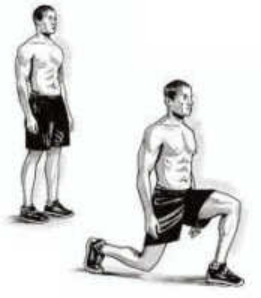
BARBELL FRONT SQUAT

Squatting with the weight in front provides a counterbalance that helps you keep your trunk upright, shifting the load onto your quads. Go harder: Elevate your heels by wearing Olympic lifting shoes or by placing them on weight plates. Do 5 sets of 5 with a weight that allows you to maintain good form.



LEG EXTENSION MACHINE

This zeros in on your quads by preventing other muscles from helping. Your quads will be under max metabolic stress to ignite growth. Do 3 sets of 8 to 12 reps, pausing for 2 seconds at the top of the move and taking 3 seconds to lower the weight. No machine? Do 5 sets of 60-second wall sits.



BODY-WEIGHT LUNGE

This classic move forces the entire muscle to work to maintain your balance. Do it regularly and your quads will explode. The best way: End your workout with 5 to 10 minutes of nonstop walking lunges in open space or on a treadmill set at a 1 percent incline and a speed of 1 mph.



Join the MetaShred movement! Bust out of your routine with the new body-shredding DVD program from *Men's Health* fitness director BJ Gaddour. This 21-day metabolic ignition system will melt belly fat while sculpting your arms, shoulders, and legs. You get nine 30-minute workouts—that's three workouts a week with no repeats. One guy lost 24 pounds in just two 21-day cycles! Check it out at 21DayMetaShred.com.

Mg

Elements of Nutrition

Maybe you haven't thought of magnesium since high school chem, but it may help stave off metabolic problems. Men ages 50 to 75 with low levels are more likely to have a higher BMI and larger waist, say scientists in Poland. They're also more likely to have low testosterone, which plays a role in fat accumulation. Magnesium may help regulate testosterone. Get your 400 milligrams a day from leafy greens, beans, nuts, and whole grains.



STEALTH HEALTH FOOD: AMARANTH

What It Is A grain with a robust, slightly sweet flavor.
Why It's Healthy With 125 calories, 3 grams of fiber, and 5 grams of complete protein in just half a cup, this grain fills you up without piling on calories.
How to Eat It Try amaranth as a rice substitute in soups or side dishes. For extra flavor, simmer the grain in chicken or vegetable stock instead of boring water.

AMY LOMBARD (quads), grooming: Jessi Butterfield/Kevin Murphy Hair Care and Talika/Exclusive Artists Management, location courtesy Precision Athlete, NYC; Peter Rees/StockFood (amaranth); STEVE SANFORD (illustrations)



22%

of millennials have had sex in public

Source: 2015 Skyn Condoms Millennial Sex Survey



DOES YOUR T-SHIRT DO YOUR BODY JUSTICE?

You work hard in the gym, so make sure your T-shirt supports that effort afterward. Look for one with an athletic, nonboxy cut that hugs your biceps and chest but not your middle, says Ador Orca, a New York City trainer who whips actors and models into peak form. The best fabric is a cotton stretch blend that provides ease of movement and minimizes wrinkles. We like **Express's Heathered Stretch Cotton Crew Neck** ($30, express.com). The shoulder seam should be at your shoulder bone; any lower looks like you can't fill out the shirt. And watch the length: It should stop 2 to 3 inches below your waistband. —BRIAN BOYÉ

Mind Over Platter: Think Yourself Thin

Do you actually pay attention to how much you eat? Use your brain before you open your mouth.

Calories tend to sneak down your gullet while you're looking the other way. Those three sliders you just inhaled? You barely tasted or noticed them. So try something new: mindfulness. Contemplate your eating—before, during, and after. In one study, people who scored low on mindfulness were 34 percent more likely to be obese than high scorers.

Step one is to know the difference between physical and emotional hunger. (See our chart below.) If your hunger is physical, feed it with good fuel, like protein or vegetables. If it's emotional, find three words to describe how you feel (bored, frustrated, horny) and find ways—a walk, chess, a hug—to deal, says Susan Albers, Psy.D., author of *Eating Mindfully.*

When you do eat, avoid distractions like TV. Think about the food. Focus on the taste and texture. Chew slowly. Try using your nondominant hand. And stop between bites—maybe you've had enough. Those leftovers will taste great tomorrow. —KATHERINE DEMPSEY

PHYSICAL HUNGER	Comes on gradually	Is felt in your stomach	Any food will do	Easy to satisfy
EMOTIONAL HUNGER	Hits suddenly	Is a mental craving	Specific food desired	Hard to satisfy

30-SECOND PEP TALK

Taking Initiative

"Learn to live with your mistakes. Ask for forgiveness, not permission. Thwart institutional cowardice. Walk straight ahead, never detour. Take revenge if need be. Carry bolt cutters everywhere. Maneuver and mislead, but always deliver. Get used to the bear behind you." From *Werner Herzog: A Guide for the Perplexed**

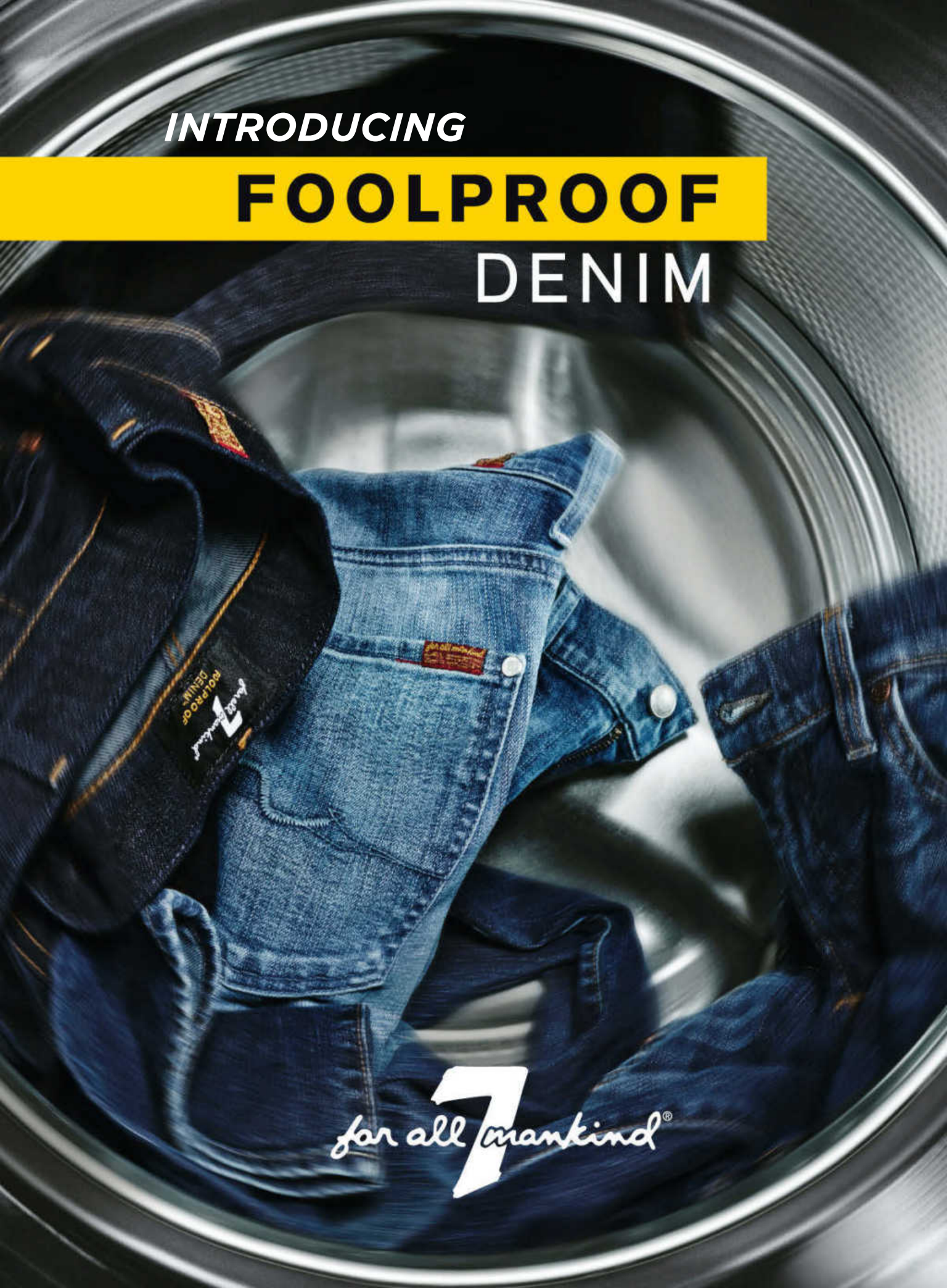


Beat Migraines with Sweat!

Aerobic exercise may prevent headaches as well as pills do, a Turkish study reveals. How? It boosts blood levels of nitric oxide, which may play a role in migraines. Do 20 to 60 minutes, two or three days a week.

From top: ©Estate of Guy Bourdin/reproduced by permission of Art+Commerce, Shutterstock, STEVE SANFORD.
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THE
NEXT BIG
THING
IN DENIM
IS HERE.


INTRODUCING
FOOLPROOF
DENIM
for all mankind®


SHRINKPROOF + STRETCHPROOF =
FOOLPROOF
DENIM


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DRY WITHOUT FEAR.
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Find Your Perfect Sole Mate

Take these 3 steps before buying new sneakers.



They look sharp. Check. They're on sale. Check. The sexy store employee says they make your calf muscles pop. Double check.

But before you swipe your credit card, make sure those new sneaks do more than swaddle your hounded dogs. Your shoes play a big role in protecting your pelvis and hips, says Lori Thomsen, M.P.T., a physical therapist in Lincoln, Nebraska. Thomsen warns that your muscles, ligaments, and tendons can quickly become overstressed if they're not given proper support. That leaves you more susceptible to injury—and also less competitive in your sport. So no matter how awesome the clerk says the shoes are, stop and perform our three-point inspection. If those sneakers fail the tests below, leave 'em in the store.

STEP 1



Push In the Heel

When you press the back, it should be sturdy and have very little give. That rigidity helps reduce motion that can tug on ligaments and tendons.

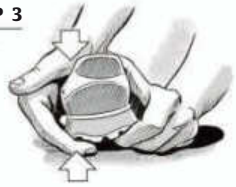
STEP 2



Bend the Shoe

Flex in the middle indicates poor arch support. Arch support maximizes your glutes' pushing power, and flex in the toe box mimics natural foot movement.

STEP 3

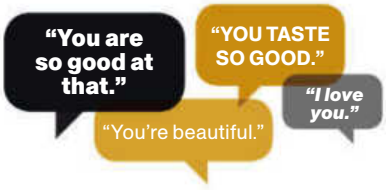


Compress the Sole

The shoe's heel cushion should be firm, especially along the outer edge. Solid soles keep you from overworking your ankles and feet and risking injury.

Ace the Aural

Script tease: Scientifically proven pillow talk.



According to an *Archives of Sexual Behavior* study, women who heard these four phrases during sex reported feeling more satisfied with their romantic relationships. Try three or four of them on her tonight.



33

Average age when men tune out current hits and tune in to the popular music of their youth. This often coincides with becoming a father.

Source: Spotify



NUTRITION KNOW-IT-ALL

MIKE ROUSSELL, Ph.D.

Why don't I ever crave kale when I'm stressed?

JOE, RALEIGH, NC

Because there is no immediate reward to eating kale. When stress is wearing you thin, your brain seeks out the feel-good chemicals associated with high-carb foods. Something like rich, gooey mac 'n' cheese has a pleasurable effect; kale won't produce the same result, and you can't make your body crave it. So why choose the kale? It provides disease-fighting antioxidants that'll let you enjoy mac 'n' cheese well into your golden years.

Should I start cooking with coconut oil?

TY, LOS ANGELES, CA

It's not going to help you burn more calories or fight viruses. One tablespoon has 121 calories, so it won't help with weight control. If you like the distinct flavor, go ahead, but know that eating an array of fats is the best way to get a variety of beneficial fatty acids.

Mike Roussell, Ph.D., is the author of *The Six Pillars of Nutrition* and director of nutrition at Peak Performance in NYC.

LEVI BROWN (shoe), prop styling: Megumi Emoto/Anderson Hopkins; STEVE SANFORD (illustrations); Andrea Cappelli/Getty Images (woman)


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BODY BENCHMARK

How to Do the Clapping Pullup

Dazzle your gym friends by applauding yourself.

1/ Brace Yourself Find a pullup bar that's very secure. Assume a standard pullup starting position but use an overhand grip, with your hands just beyond shoulder width and your thumbs tucked over the bar.

2/ Review the Basics Before trying to launch, be sure you've mastered the chest-to-bar pullup. Your form: looking up, body angled slightly away from the bar, as above.

3/ Go Flying If you're strong enough, pull yourself up quickly and release your hands when your eyes are about level with the bar. Your momentum should carry you a few more inches skyward. If you're not comfortable clapping yet, try index-finger touches.

4/ Make the Catch Regrip the bar and quickly lower yourself back to the starting position, saving energy for your next launch.

25

The rather astonishing Guinness World Record for clapping pullups completed in 60 seconds, accomplished by Ron Cooper, a financial planner from Massachusetts. Those are his tips above.



Make Lying Work for You

Deceit isn't usually a good career move. But sometimes it is—and can propel your career forward. Here's your cheat sheet.

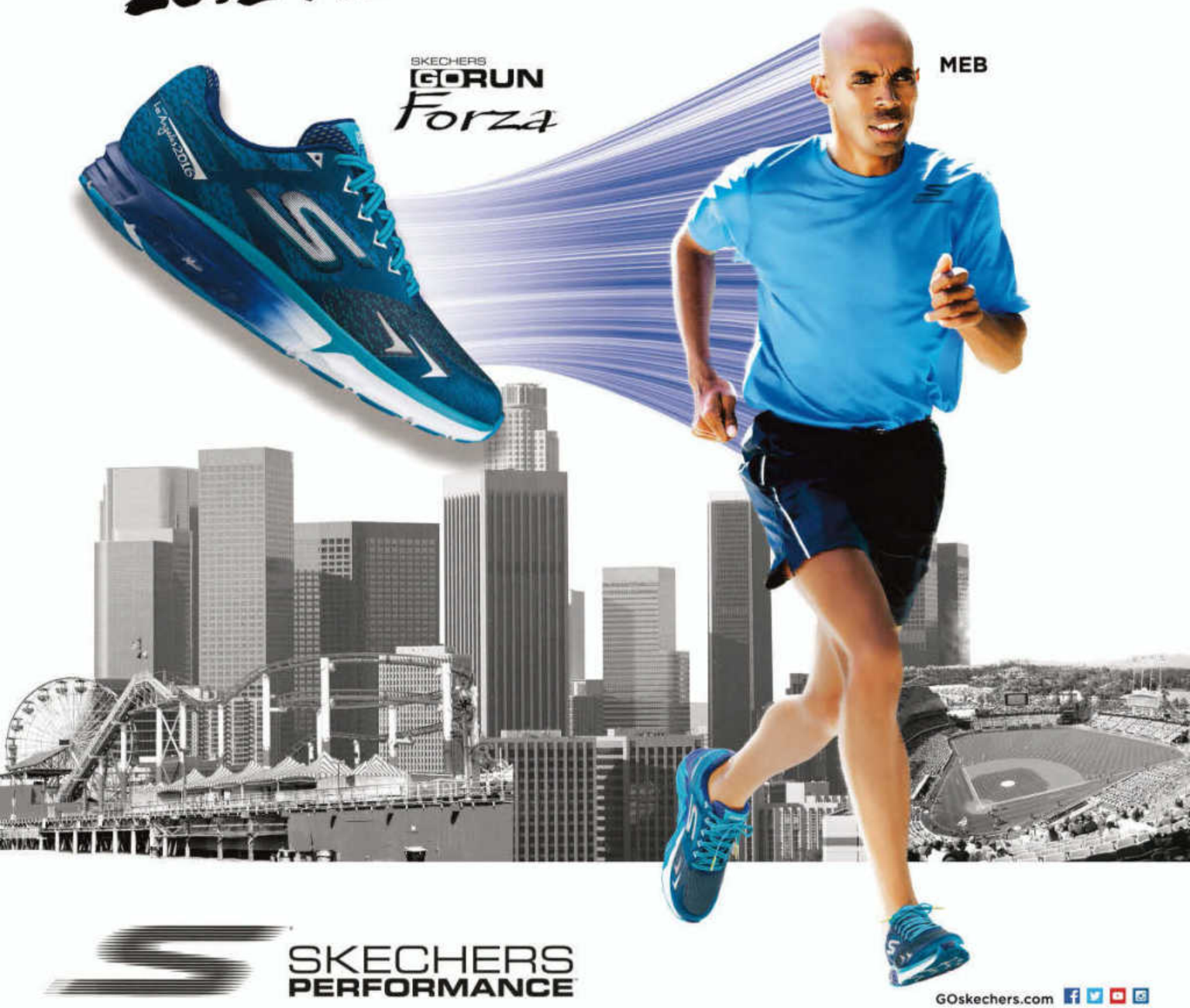
The Situation	Your Lie	The Truth
You're offered a mammoth project that you're not really ready for.	**"I can handle that."**	You're overwhelmed, but you'll come to realize you have the skills. Calmly ask for specifics on timetables, staffing, and expectations, which will reassure your boss—and yourself, says Patrick Lencioni, author of *The Advantage*.
Your company is circling the drain and you doubt it has a future.	**"With your help we can turn things around!"**	A leader must project optimism even when his confidence is wavering. Be the man who keeps his staff on board and productive, says Dan McCarthy, an expert on executive development at the University of New Hampshire.
A job interviewer asks you just how horrible your former boss was.	**"I learned a lot from him."**	Negativity adds nothing, and nobody likes a backstabber. Recount a challenge and what you learned. Your restraint and ability to learn will earn respect, says Brian de Haaff, founder and CEO of the software company Aha!
You're negotiating your salary at a new company.	**"I need to earn $90,000 a year."**	Of course you start high. It's just an opener. If you get it, great. If they balk, ask how much they have budgeted for the role. It's refreshingly direct and shows you're confident, says Joel Comm, author of *Twitter Power 3.0*.
You're feeling frustrated about your job.	**"I'm very excited about my job."**	Feign interest and then find a way to get interested. A bad attitude can infect a staff, and demonstrates disrespect. Ask colleagues what they enjoy about the work and try to see what you're missing, Lencioni says. –STEVE CALECHMAN

From left: Georgijevic/iStock, Masterfile

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8 Things That'll Make Your Life More Delicious

Alton Brown on sensible footwear, small fish, and serving up family recipes.

1/ Steel-Cut Oats This is not your grandfather's oatmeal. Unless your grandfather is a stout Scotsman who at 102 can still kick your ass. American-style rolled oats aren't even in the same class of food as steel-cut. I sometimes have them for dinner with hunks of lamb and a glass of scotch. If you're a classicist, stir them with a stick called a "spurtle."

2/ Your Family's Recipes Many of us have generations of family history tucked away in old scrapbooks, cigar boxes, and cruddy kitchen drawers. Find them, restore them, cherish them. And cook from them, because all those aunts and uncles, parents, grandparents, and great-grandparents you've lost…they're in there.

3/ Decent Shoes Will you spend a grand? At least! Will you have to polish them and resole them every decade? Yep. Will you be buried wearing them? Probably. Are they the first thing a woman looks at? Who freakin' cares? I'm doing this for me.

4/ A Good Hat They say American men gave up hats when JFK went bareheaded to his inauguration. It's time we put fedoras, porkpies, trilbies, and homburgs back where they belong: on our heads. Need a reason? Bogart. Need another reason? Skin cancer.

5/ Vinyl Music, the way it's meant to be heard, preferably through a tube preamp. Remember liner notes? They miss you.

6/ Speed No, not like Benzedrine. I mean mph, kph, knots, and Mach numbers. Nothing feeds the male spirit like going really fast. It strips away artifice and minutiae and focuses the mind on a singular point of will. Is risk involved? Yes. That's why you take every precaution available to you and your bicycle, motorcycle, car, boat, plane, skateboard, skis, roller skates, jetpack, X-Wing, and even legs.

7/ Challenging Books Look, I love the Interwebs as much as the next guy, but methinks it makes me stupid. Sure I'm informed and "engaged," but jeepers, my attention span is like…what was I saying? So pick up something meaningful and take time to really read it.

8/ Sardines I eat a can of these little fish every day, and I'm pretty much awesome. Coincidence? I think not.

Alton Brown, host of Cutthroat Kitchen *on Food Network, takes his stage show,* Eat Your Science, *on tour across the USA this spring. For more info, visit altonbrowntour.com.*

CLAIRE BENOIST (sandwich); prop styling: Angela Campos/Stockland Martel; food styling: Matt Vohr/Halley Resources; Dustin Chambers/Getty (Brown); STEVE SANFORD (illustration)

WHAT THE HELL IS THAT?

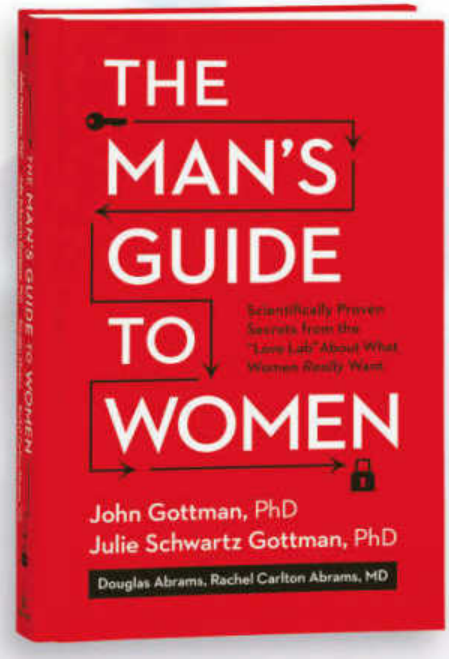


The Mole Count Self-Test

That harmless-looking mole on your arm—does it have any friends? Here's a simple math drill that can help you gauge your risk of melanoma, the Voldemort of skin cancers. Researchers in the U.K. discovered that when a woman has more than 11 moles on her right arm, she's a witch. No, wait—her odds of having more than 100 body moles are nine times that of a woman with fewer right-arm moles. And having 100-plus to 120 total moles puts her melanoma risk at seven times that of a person with fewer than 15, research has shown. Got that? The math isn't as exact for men, but here's the takeaway: The more moles you have on your arm, the more you probably have on your body overall. Study author Simone Ribero, M.D., Ph.D., recommends seeing a dermatologist if you have more than 10 moles on either arm. Moles are usually small and brown and can appear anywhere. Just ask Cindy Crawford. –KATHERINE DEMPSEY

WHAT DO WOMEN REALLY WANT IN A MAN?





For the first time ever, there is a science-based answer to that age-old question.

Results from world-renowned relationship expert John Gottman's famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, *The Man's Guide to Women* unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime.

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Ask Men's Health

Definitive Answers to Life's Essential Questions



Thomas Peter/Reuters/Corbis

FITNESS

The guys I bike with are superfit, but some of them have big bellies. Can a person be fit *and* fat?

FRANK, DALLAS, TX

It's what's inside that counts. If quality muscle lies under that gut, your pals may fall into a group known as the "metabolically healthy obese." These fat-fit guys carry what looks like unhealthy body fat, but their risk of heart disease and diabetes is lower than an unfit obese person's. Still, they're not immune to other obesity-related conditions like sleep apnea and depression, warns David Mutch, Ph.D., of the University of Guelph. The silver lining: A recent study found that men who stayed or became fit—regardless of their BMI—were less likely to die of cancer than unfit men.

HEALTH

I sweat just walking the few blocks to my office in the morning. Could this be the result of a health problem?

BLAKE, NASHVILLE, TN

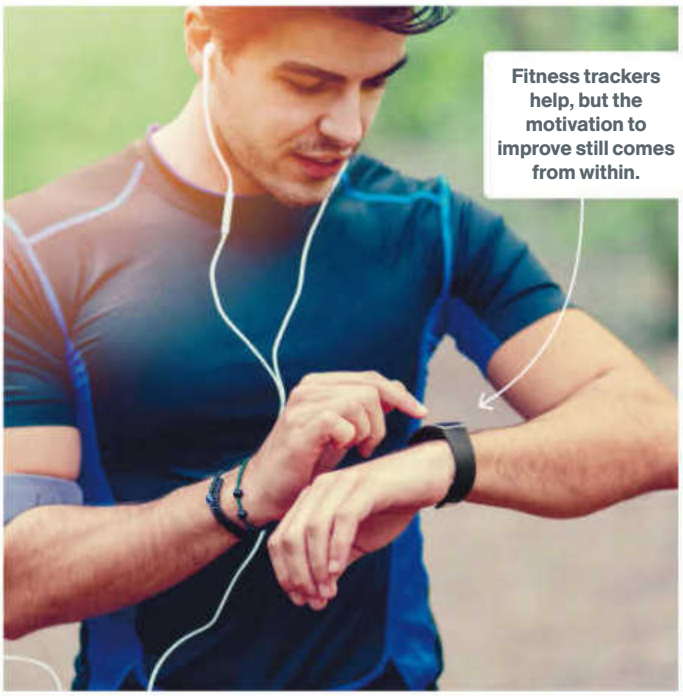
You watch the NBA? Those players seem like the sweatiest men on earth. Actually, sweating may be linked to fitness: In a *PLOS One* study in which perspiration was induced, long-distance runners sweat more—and began sweating sooner—than sedentary guys under the same conditions. If you turned into Swamp Thing overnight, see a doctor, says David Pariser, M.D., a Virginia dermatologist. Abrupt sweat—especially when accompanied by weight loss, chest pain, or night shivers—could signal an infection, thyroid disease, lung disease, heart disease, or even cancer. But odds are you're just genetically prone to fill


Chris Pine
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Fitness trackers help, but the motivation to improve still comes from within.

buckets. Apply "clinical strength" antiperspirant before bed and again in the morning, suggests Dr. Pariser. Giving it extra time to absorb boosts its effectiveness.

RELATIONSHIPS

Sometimes I'd just rather masturbate than have sex with my wife—and she's hot! What's up with that?

TYLER, NORFOLK, VA

Hey, you're not alone…so to speak. Sex, even by yourself, is a stress reliever. And according to Kinsey Institute researchers, men are more likely than women to masturbate when they're anxious or stressed. So if you opted for a solo orgasm, maybe your emotional resources were depleted after a tough, draining day, says David Rowland, Ph.D., a psychology professor at Valparaiso University. For most men, the best sex involves an emotional connection—and that takes effort. According to Dutch researchers, a man in a relationship masturbates about twice a week, while his wife or girlfriend does so once every two weeks. But frequency of hand sex isn't linked to frequency of sex with a partner—the latter averages out to about three times per two weeks for both men and women, the researchers found. So yes, you're normal. Before your wife starts to wonder why you're spending all that time in the shower, make sure she always knows you still lust after her. Even better, try to reconnect with her after a hard day. Relax, pour some wine, and actually talk. Doing that will likely give you both a stronger desire for sex together, Rowland says.

FITNESS

Why does my fitness band insist on 10,000 steps? It seems arbitrary. Is there a logic to that number?

RUSS, SAN FRANCISCO, CA

Blame Japan. The number comes from a Japanese pedometer sold in the 1960s called *manpo-kei* (translation: "10,000 steps meter"), says Catrine Tudor-Locke, Ph.D., of UMass Amherst. The number stuck, and research confirmed the value of a 10K-step habit. In one study, hypertensive men who hit at least 10,000 steps a day for 12 weeks lowered their blood pressure and increased their VO_2 max, a measure of aerobic fitness. Still, 10,000 steps a day could be unrealistically high for someone who usually walks 3,000. It could also be too low to matter to a 12,000-step guy. To ramp up your step count, Tudor-Locke suggests customizing your goal: Count your steps for three days, average them, and then try to exceed that number by at least 3,000 steps. (You can reset your fitness tracker's default step count to any number you want. But you knew that, right?) Alternatively, you could time your walks: A U.K. study found that people who walked for at least 2½ hours a week saw their risk of premature death decrease by 11 percent. And you know what's good for monitoring that time? An old-fashioned wristwatch.

Have a question? We've got answers! Ask at **MensHealth.com/experts.**



NUTRITION

If I have to eat one candy bar—and sometimes I do—which one should I choose?

ALLEN, LITTLE ROCK, AR

Think David Lynch—dark and nutty. Cacao provides you with cancer-thwarting, heart-saving polyphenols, and nuts add protein. In a Swiss study, men who ate 50 grams of 72 percent dark chocolate before a mock job interview had a healthier cardiovascular stress response than those who didn't eat dark chocolate. Tailor your snack to your flavor preference: If a Taza 80% Dark Stone Ground Chocolate bar with sea salt and almonds is too intense, try Godiva's 72% Cacao Dark Chocolate Almond bar—it'll be sweeter but still have, gram for gram, about half the sugar of a Hershey's Milk Chocolate bar. Can't find classy stuff at the store? Try a York Peppermint Pattie. At 140 calories, it's about half as bad as a Butterfinger.



THE GIRL NEXT DOOR

Sex, love, and lust: Ali Fedotowsky will now take your questions.

My ex-girlfriend just wrote "Hi" on my Facebook wall. What do I do?

PETE, AKRON, OH

Ah, relationship relapses. Looks like she's trying to slip back into your life. Is that a good thing? Only you know. If you want to reconnect, handle your business offline—the world doesn't need to know what you're rethinking. Otherwise, do nothing. Don't like it, don't respond to it, don't even look at it. That's the strongest way to say goodbye.

How long should I wait to get back on Tinder after my recent breakup?

GEORGE, BALTIMORE, MD

If you initiated the split, give it at least a month—especially if you gave her the old "I need space" speech. But why not take a little extra time to reflect on the breakup and figure out what you really want from the next woman you date? That's the kind of introspection you probably need right now. PS: There are plenty of ways to meet people that don't involve swiping right.

I got sloppy drunk at her friend's birthday party. Nobody was impressed. How do I make amends?

ANDREW, CHARLESTON, WV

Let me guess: One minute you're politely sipping your Moët, and several Jaeger shots later you're singing Journey out of key. Atonement will just take time. Lay off the hooch for a while—at least when you're around her friends. It may not hurt to poke fun at yourself either. ("You mean that *wasn't* a karaoke bar?") Ask questions, be engaged, act like a gentleman, pick up a tab or two. Eventually you'll return your rep from buffoon back to badass.

Follow Ali on Facebook at **MHGirlNextDoor,** and on Twitter at **@AliFedotowsky.**

Clockwise from top left: Martin Dimitrov/Getty, Ramona Rosales, Jonathon Kambouris/Gallery Stock



Jimmy the Bartender

Straight-up advice on women, work, and other things that drive men crazy.



This is Beefcake, a rescue dog and first-time magazine model. Want him? Of course you do.

My wife has her heart set on a bulldog, but I think they're too slobbery. How do I talk her into the Weimaraner I've always wanted?

Alan, Springfield, MA

First, take a seat. Stay, boy. And now…prepare to roll over. You really need to learn a new trick about this one. There's no such thing as a purebred best friend. So instead of setting your sights on some fancy designer dog, head out to your local pound with the wife. Stroll past those awful little death-row cages filled with pups on borrowed time. By the time you get to the end, you'll both know exactly which dog you want to take home. It'll be the one banging a tin cup against the bars and looking at you with giant, pleading eyes, saying, "For God's sake, people, get me outta here before they kill me!" The favor you do the pooch will always be remembered—by all three of you.

Jimmy Calls BS on…



Bro Hugs

Hearty handshakes are what made America great. But we live in a sensitive world now, and apparently, shaking hands just doesn't show enough phony love. Everybody's man-hugging—the bogus hug-and-pat maneuvers that feel kind of like being burped. Want to show manly affection? Try a firm grip and a round of drinks.

I'm going used-car shopping with my kid. We're not rolling in dough, so I want to be smart about it. Any tips?

Ozzy, Salinas, CA

I've bought enough lemons to stock my bar. You didn't say if it's your son or daughter. If it's your son, look for a ride that matches his wardrobe—loud and stupid—because he won't be happy with Pop's idea of a car. Daughter? Seek the car you hope matches her next date: slow, safe, and sensible. Go with low mileage (say, under 50K), and steer clear of heaps with that dead-body-in-the-trunk smell. For a true cost, think forward four years and assume a major repair will happen every 18 months. And make safety a priority, okay? Double-check the kid's driver's ed.

Why is my girlfriend so lukewarm about doggy-style?

C.T., Boulder, CO

You're asking me? I'm a bartender, not the Girl Next Door. Listen, all women are different. Maybe you're with the wrong one. Maybe she's self-conscious about the rear view. Maybe it ain't easy for her to be intimate with her face in a pillow. Maybe she wants to look into your beautiful eyes. Most importantly, maybe you ought to ask her.

The big office party is coming up. I work with a bunch of jerks. Do I really have to attend?

Glenn, Wichita, KS

Sounds like work to me, so hell, don't go unless you're on the clock. Hey, I'm the last guy to tell you to suck it up, make new friends, be a team player, change the world with a smile, any of that crap. An unfriendly workplace ain't your problem to solve. Your big-shot employers obviously don't give a rat's ass whether their people work and play well together or not. Just let 'em keep paying you while you look for a nicer place to work.

My folks split, and now my dad wants to hit the bars with me. Weird?

Rich, Baltimore, MD

Not necessarily, unless he makes it that way by going on about your mother or hitting on women young enough to be your sister (especially if that's why your parents separated). Chances are, he's just a lonely soul who suddenly has no family, no real connections, and ankle-high self-esteem. So trade in the martini safaris for a few hours of college basketball, light beer, and conversation. Fathers are just guys with history. Skip the history and talk to the guy.

Jimmy, I've got a ton of emails to answer. How can I learn to dash 'em off like you talk?

Will, New York, NY

I get email too. You, me, America, Planet Earth. Just one rule: Keep it simple. Skip the awkward greeting and the "Yours truly" closer. Type the recipient's name, say your piece, read it once, type your name at the bottom, and press "send." That's as formal as you need to get. Go easy on that hallmark of insecurity, the 20-line résumé signature, and remember: Nobody reads anything longer than a short paragraph, unless you have your own magazine column.

From top: Michelle Pedone; Sophie Gamand; Kevin Winter/Getty Images


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MARK NASON
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LOS ANGELES


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PLANTERS
TURTLE
SUNDAE
MIX
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SUNDAE
PLANTERS
CHOCOLATE
PEANUT BUTTER
BROWNIE

NUTRITION MANUAL

STOP WORRYING ABOUT CARBS

Just focus on the right kind.

By K. Aleisha Fetters

Many diets from the past two decades cast carbohydrates as hell spawn sent to fatten you up and destroy you with diabetes. These diets demonized all carbs, from whole grains to fruit, and urged you to exorcise them from your life. Some forms of this nutrient deserve that evil reputation, but many don't. By avoiding bad carbs you can speed weight loss and dodge disease. But beware: Shunning the good carbs may hurt your health and fitness goals. Turn the page to learn how to slice it. ▸





"Anyone who cuts down on fruit to reduce their sugar intake is making a big mistake."

What Carbohydrates Really Are

Like proteins and fats, carbohydrates are macronutrients—in other words, substances that stoke your metabolism and keep you alert and active. As an analogy, think of carbs as your body's primary source of crude oil. Through digestion, carbs are transformed into glucose—kind of like high-octane unleaded gas. "Carbohydrates are the only nutrients that exist solely to fuel the body," says Donald Layman, Ph.D., a professor of human nutrition at the University of Illinois. Without glucose, your blood oxygen levels suffer, your energy levels tank, and your risk of a brain fart rises.

You should consume 45 to 65 percent of your daily calories from carbohydrates, according to the USDA's most recent recommendation. So if you're a moderately active guy consuming 2,600 calories a day, that means 1,170 to 1,690 calories of that total should come from carbs. And since carbohydrates—whether from sugar, starch, or fiber—contain 4 calories per gram, you should shoot for 295 to 425 grams a day. This amount, says Layman, will help your brain, blood, and nervous systems function at their best.

If you keep your intake under 80 grams of carbs a day, as some diet plans suggest, your body will begin breaking down its fat stores to produce ketones, a poor man's "glucose," which can lead to that low-carb "cloudy" feeling. Excess dietary carbs become excess body fat. So losing weight and helping your heart is as simple as cutting back on the white bread, right? Read on.

Why You Should Strive for Complexity

The quality of your carbs is as important as the quantity, says Frank Sacks, M.D., a nutrition professor at the Harvard T.H. Chan School of Public Health. Complex carbs, found in starchy vegetables and whole grains, are linked to healthier weight and lower risks of type 2 diabetes and heart disease.

"Complex carbohydrates are difficult for the body to break down, and that's a good thing," says Gail Cresci, Ph.D., R.D., a researcher in gastroenterology and nutrition at Cleveland Clinic. These carbs digest slowly, and the absorption of sugars into your bloodstream is also slower as a result. The increases in your blood sugar and insulin levels are moderate enough that they don't reach levels associated with body-fat storage, Cresci says. Plus, they make your good gut bacteria happy. "The gut microbiota prefer complex carbs over any other food source," says Cresci. (Learn more in "The #2 Way to Boost Your Health," page 74.) After these buggers feast on the carbs, they send beneficial compounds into your bloodstream. These compounds, called short-chain fatty acids, may help lower inflammation and strengthen your immune system, says Cresci.

Most foods that contain complex carbs are also high in fiber (another form of carb), which regulates blood sugar and helps you feel full. In a 2015 study, people who were asked to eat 30 grams of fiber a day on top of their normal diet lost about as much weight as folks on a strict diet.

How the Wrong Kinds of Carbs Can Hurt You

Refined carbs, such as those in white bread, cookies, and chips, have the opposite effect that complex, unrefined carbs have. After you eat, say, a Boston cream doughnut, your blood sugar rises; in response, your insulin levels skyrocket. Plus, your gut bacteria spit out inflammatory compounds, says Cresci. So a daily Boston cream sets you up for metabolic malfunction, elevated triglycerides, obesity, and the chronic diseases that accompany them.

Cutting out those breakfast doughnuts may help you erase the one encircling your waistline. And yes, if you eliminate almost all carbs from your diet, you'll drop even more weight—but not for the reason you might think. On a low-carb diet, your body churns through its stores of muscle glycogen. And for every bit of muscle glycogen you burn, your body releases twice as much H_2O, Cresci says. So initially you'll lose weight, but it will be more from water than from body fat.

To effectively reverse the weight gain associated with the intake of simple carbs, you have to shop smart. Beware of products that market themselves as low-fat. When food producers remove fat from cookies, ice cream, yogurt, or salad dressings, they often replace the lost flavor with processed sugar (yes, sugar is a carb), which is more easily converted into body fat than unprocessed carbs, Cresci says.

And don't let the "gluten free" trend hook you in: Many gluten-free pastas, breads, and baked goods contain more sugar and calories than their conventional counterparts. In fact, a 2014 review published in the *Journal of Medicinal Food* concluded that people who followed a gluten-free diet had a greater risk of obesity later in life than those who didn't. So unless you're among the very small minority of Americans who have celiac disease or known sensitivity, there's probably no health reason for you to cut out gluten-containing whole grains like wheat, barley, and rye. And don't forget: Gluten is a form of protein, your muscles' friend.

A general rule: The fewer ingredients in the food you're buying, the better. Choose apples, not low-fat, gluten-free, cinnamon-sugar apple chips. While fruit does contain simple carbs, those carbs come with plenty of fiber.

Opening page: Tom Schierlitz/Trunk Archive; this page: Stella Pictures/Blend Images LLC/Gallery Stock

Complex Carbs, Simplified

Here's the minimum number of grams you need each day—and easy ways to hit that amount.

	MODERATELY ACTIVE	VERY ACTIVE
		
WHAT THAT MEANS	You walk frequently, go on short jogs, or do light weight training.	You run long distances and do intense weight training or interval training.
EAT THIS MUCH	**295 g** (minimum)	**+40g per hour of exercise** (minimum)
HOW TO EAT IT	**1** cup oats (28g carbs, 4g fiber) **1** cup cherries (25g carbs, 3g fiber) **1** cup brown rice (46g carbs, 4g fiber) **1** large apple (31g carbs, 5g fiber) **2** slices wheat bread (28g carbs, 2g fiber) **1** large banana (31g carbs, 4g fiber) **1** cup lentils (40g carbs, 16g fiber) **1** cup collard greens (11g carbs, 8g fiber) **1** large baked sweet potato (37g carbs, 6g fiber) **1** large orange (22g carbs, 4g fiber)	**The left column, plus…** **1** cup cooked spinach (7g carbs, 4g fiber) **1** cup spaghetti squash (10g carbs, 2g fiber) **½** cup quinoa (20g carbs, 3g fiber) **1** clementine (9g carbs, 1g fiber)
TOTAL	**299g** carbs, **56g** fiber	**345g** carbs, **66g** fiber



Trash the white bread for less-processed grains to gain fiber.

In fact, a 2013 *BMJ* study found that fiber from fruit may reduce your risk of cardiovascular disease. "Anyone who cuts down on fruit to reduce their sugar intake is making a big mistake," says Dr. Sacks.

How Carbs Fuel Your Fitness

Carbohydrates are stored as glycogen in your muscles and liver and also serve as fuel for high-intensity and endurance exercise. If your fitness regimen is intense—say, you're training for a marathon—you need 40 to 60 additional grams of carbs per hour of exercise to help your performance, says Stuart Galloway, Ph.D., who studies exercise metabolism at the University of Stirling, Scotland. Another way to think about this is 1 extra gram of carbs per minute you work out. According to 2013 research in the journal *Sports Medicine*, carbs boost performance during endurance and high-intensity workouts. Better performances burn more calories.

And while carb loading before a race is a must, no evidence suggests that switching between high- and low-carb days (or "carb cycling") helps performance. Some experts say it may even hurt your health. Shifting between low and high insulin levels can cause low-grade inflammation, says Cresci.

After your workout, you need to consume just as much carbs as protein—ideally more. That's because insulin may help with protein synthesis and muscle building, a 2015 study in the *Journal of the International Society of Sports Nutrition* suggests. Aim for a 1:1 or 2:1 carb-to-protein ratio after you hit the gym. Lift some chocolate milk, apple slices with almond butter, or pita and hummus.

So here's your prescription: Eat a consistent amount of complex carbs every day (unless you're running a marathon or doing some similar activity the next day) from the greatest variety of whole sources possible. Then enjoy all the disease-fighting, gut-filling benefits. ■

Travis Rathbone/Trunk Archive (bread); R. KIKUO JOHNSON (illustrations)

The MH Fast Foodie™

One Rotisserie Chicken, 4 Quick & Healthy Meals

Stop at the supermarket, grab an organic precooked bird, and feast on the beast all week long.



NUTRITION NUGGET

The Word on the Bird

Per pound, roast chicken packs 50 grams of protein and 28 grams of fat. Sound like a lot of fat? Fear not: Studies show that dietary fat and cholesterol aren't the heart saboteurs we once thought they were.

PHOTOGRAPHS BY SAM KAPLAN

1



BBQ Chicken & Slaw Sandwich

Remove one of the breast halves and shred the meat with a fork. In a saucepan on medium heat, mix the chicken with a glug of your favorite barbecue sauce and stir until it's heated through, a minute or two. Pile everything on a whole wheat bun and top with thinly sliced red onion and coleslaw. Like it spicy? Add a palmful of sliced pickled jalapeños for a hit of heat and tang.

Prep time 9 minutes
Feeds 1
Per serving 364 calories, 31g protein, 35g carbs (3g fiber), 11g fat

2



Quick Chicken Caesar Salad

Tear a romaine heart into bite-size pieces. Toss in some whole wheat bread crumbs and 1 cup of chopped chicken. In a blender, whiz up a handful of grated Parmesan, ⅓ cup extra-virgin olive oil, the juice of 1 lemon, 2 garlic cloves, and about 6 dashes of Worcestershire. Pour some over the salad; toss. Add more to taste if you want, and toss again. Top with more grated cheese and dig in.

Prep time 13 minutes
Feeds 2
Per serving 547 calories, 30g protein, 6g carbs (1g fiber), 46g fat

3



Thai Curry Soup

In a large saucepan, combine a big spoonful of Thai red curry paste with 2 cups low-sodium chicken stock, a few squirts of fish sauce, a glug of coconut milk, and the juice of a lime. Bring it all to a boil; then lower to a simmer. Add a big handful of chicken, season to taste, and remove from heat. Serve with sliced serrano peppers, torn mint leaves, and a squiggle of sriracha.

Prep time 11 minutes
Feeds 1
Per serving 341 calories, 42g protein, 9g carbs (0g fiber), 15g fat

4



Green Quesadilla

Sauté a handful of shredded chicken with a chopped plum tomato in enough salsa verde to coat. When the mixture is warmed through, scoop it onto a large whole wheat tortilla; cover with shredded Monterey Jack, add another tortilla, and heat your quesadilla in a dry skillet until the cheese is gooey. Slice and top with sour cream, diced avocado, chopped cilantro, and hot sauce.

Prep time 8 minutes
Feeds 2
Per serving 380 calories, 33g protein, 39g carbs (7g fiber), 12g fat

Food styling: Brett Kurzweil/Art Department

Men's Health

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JOEY, 45, BEFORE



JOEY, 45, AFTER

"Guys typically don't compliment each other. But when I have a buddy or somebody on my hockey team that says, 'What are you doing? You look great,' that's the ultimate compliment to me."

Individual results will vary. Proper diet and exercise as described in the Metashred program are necessary to achieve these results.

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- **A faster metabolism**

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THE WORLD'S BEST CARDIO WORKOUT

Try a long-forgotten training method to rocket yourself into the best shape of your life.

By Michael Easter

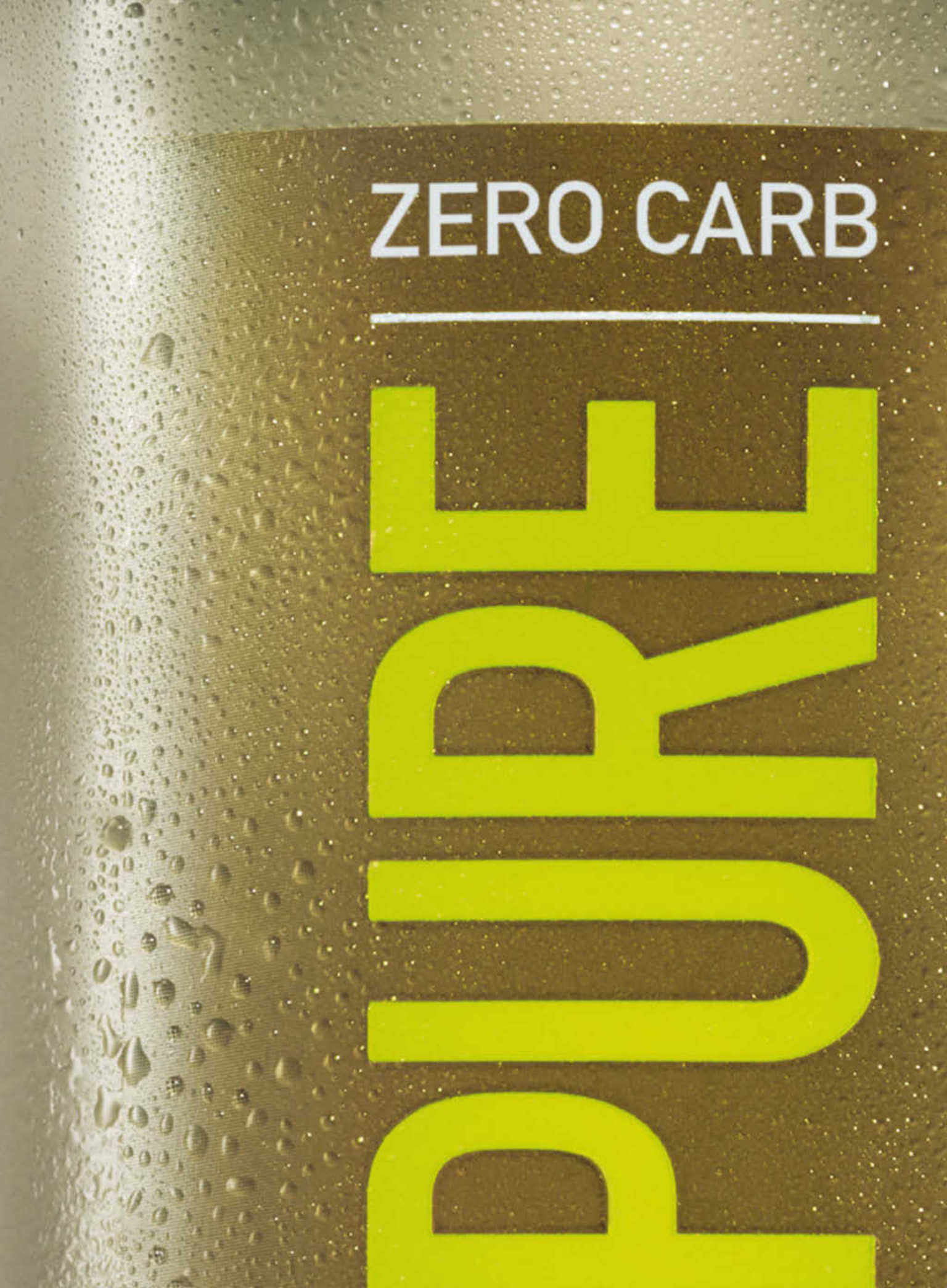
You've probably never heard of John Patrick O'Shea. Google him and you may read about how he survived a 60-foot fall into Mount St. Helens—and not about how he created one of the world's most effective workouts.

That workout originated in 1987, when O'Shea, a competitive weightlifter and an exercise scientist at Oregon State, wrote in a journal article about a training method he'd spent most of the previous two decades developing. He called it "interval weight training," a high-intensity routine combining strength and cardio that's done at a blistering pace.

At first the regimen attracted little attention, but it eventually gained a cult following among a handful of strength and conditioning coaches.

Pull here for fitness: After two minutes of intense rowing, you'll be in a sea of sweat.

PHOTOGRAPHS BY AMY LOMBARD


ZERO CARB
DIET


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I AM PURE SPIRIT
JEFF
PROFESSIONAL BEACH VOLLEYBALL PLAYER
AND ISOPURIST
Pure means constant dedication. Real motivation. For whatever drives you. Pure is in our name—because Isopure Protein means perfect, delicious, 100% Whey Protein Isolate. Made for better bodies, and minds. Because...
WE'RE ALL MORE THAN MUSCLE
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That's how the founders of Gym Jones, a Salt Lake City fitness facility, first discovered it. "We got our hands on a copy of that paper," says Rob MacDonald, the gym's general manager. "Then we started sharing the method with our clients, and it soon became the answer for anyone who needed to build endurance, strength, and power in as little time as possible."

In the Gym Jones interval weight-training workout, you select a lift that works every muscle in your body, a fast-paced cardio exercise, and a high-rep body-weight finisher. You do three all-out circuits of the big lift and the endurance exercise and then cap those off with the finisher. Then you choose three new exercises and repeat. It's simple, but done right it's devastatingly effective.

Of course, as with any workout, intensity is the key. In other words, the harder you work, the greater the benefit. That's why Gym Jones has its clients aim for a specific distance or number of repetitions in each of the intense two-minute cardio bouts. "That holds you accountable," says MacDonald. "You know how hard you went because there's that unbiased, unapologetic number staring you right in the face after you're finished."

Twenty-nine years later, interval weight training remains arguably the single most effective way to build world-class endurance, strength, and power in the shortest time possible. We show you how, here and on the next page. Prepare to push yourself, and reap the rewards.

HOW TO DO IT
Select a total-body lift (section 1), a cardio trial (section 2), and a body-weight finisher (section 3). Do 10 reps of the lift; then immediately do 2 minutes of the cardio trial, attempting to reach the suggested distance or numeric goal. Then do all your reps of the body-weight finisher. Rest 2 minutes. That's the first round. Complete 3 rounds. All of that is 1 cycle. Now rest for 5 minutes—you will definitely need it! Then pick three different exercises and complete another cycle.

A single high-intensity interval session per week is enough for most men.



The manmaker combines five different exercises. The result: serious muscle.

1

Total-Body Lift



1A/ Goblet Squat

Stand with your feet slightly beyond shoulder width. Cup the top end of a vertical dumbbell with both hands or grasp a kettlebell by its "horns" (the sides of the handle). Hold the weight in front of your chest, your elbows pointing down. Keeping your back straight, push your hips back, bend your knees, and squat. Pause; push back up. That's 1 rep.

GOAL WEIGHT
70 lb dumbbell or
32 kg kettlebell



1B/ Manmaker

Stand holding a dumbbell in each hand. Bend your hips and knees and squat, placing the dumbbells on the floor. Continue to grip the dumbbells as you kick your legs backward into a pushup position. Now row each dumbbell to your chest, one at a time. Do a pushup. Jump your feet forward and stand, pushing the dumbbells overhead as you do. That's 1 rep.

GOAL WEIGHT
25 lb dumbbells



1C/ Push Press

Hold a pair of dumbbells next to your shoulders, your elbows bent and close to your sides. Brace your abs as you dip your knees so you're in a quarter squat. Now explosively push up with your legs as you thrust the dumbbells overhead. Pause at the top. Slowly lower the dumbbells, and then return to the starting position. That's 1 rep.

GOAL WEIGHT
35 lb dumbbells



1D/ Clean and Squat

Stand with a kettlebell or dumbbell on the floor in front of you. Push your hips back, bend your knees, and grab the weight with one hand. Thrust your hips forward, straighten your legs, and pull the weight in close to your chest. Perform a squat; then push back up to standing. Reverse the move and repeat. Do half your reps on one hand and then switch.

GOAL WEIGHT
50 lb dumbbell or
24 kg kettlebell

Grooming: Jessi Butterfield/Kevin Murphy Hair Care and Talika/Exclusive Artists Management; location courtesy Precision Athlete, NYC; Illustrations by JOEL KIMMEL


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THE ALL-NEW TACOMA



Body-weight finishers, like the pullup, are big-time challenges—but they'll give your muscles an even bigger pump.

2

Cardio Trial

2A/ Row
Set the timer on your rowing machine for a 2-minute countdown. Row as far as you can. Goal: 575 meters

2B/ Run
Fire up a treadmill and run as far as you can in 2 minutes. (Or run outside.) Goal: 600 meters, or 0.37 mile

2C/ Ride
On a fan or stationary bike, burn as many calories as you can in 2 minutes. Goal: 60 calories

2D/ Rev Up
Do as many burpees as you can in 2 minutes. Try to power through the reps. Goal: 30 reps

3

Body-Weight Finisher

3A/ Pushup
Don't try to reach failure in your sets. Instead, stop 3 to 5 reps short of failure every time. Reps: 50 to 100

3B/ Pullup
Split this up into sets of 3 to 5 reps. If pullups are too difficult, you can swap in inverted rows. Reps: 25 to 50

3C/ Squat
At the bottom, your knees should be bent at least 90 degrees. Reps: 75 to 150

3D/ Lunge
Break your reps up into sets of 10 to 20. Reps: 50 to 100, splitting the reps between legs



Gallery Stock (top)

Go Hard, but Not Too Hard

MH fitness advisor Bill Hartman explains why too many intense training sessions can actually leave you in worse shape.

High-intensity interval training—also known as HIIT—is another kind of extreme effort you can use to hone your fitness. Think sprinting away from a hungry lion—it may sound odd, but that's exactly how your body interprets those heart-rate-jacking workouts.

You've heard of fight-or-flight, the reaction forged by evolution that kicks in to save your butt in stressful situations. When you do HIIT, that response fires up—your brain has no idea whether you're sprinting on a treadmill in Planet Fitness or running from rhinos on a savanna. That's stressful, so you release stress hormones.

In the short term, these hormones burn fat and help you build muscle. They build up during HIIT and slowly decrease as you recover. They can also mitigate inflammation, guarding against heart disease and diabetes.

But there's a catch. As with wine and women, too much of a good thing can be bad.

Your body can deal with only so much stress at once, whether it's from HIIT, work, poor sleep, or your other workouts. Overdoing HIIT floods your body with stress hormones, so they stay elevated 24/7 and have no time to recede.

Combining too much HIIT with other training and a stressful lifestyle may have an additive effect. In that overstressed environment, your body releases chronically high levels of cortisol, a hormone that causes you to *lose* muscle, retain fat, and lower your guard against illness and injury.

The fix: Do just one HIIT session a week. That's enough for most guys, especially if you're already lifting weights. And do what you can to de-stress your life—through any means you want. That'll make all your workouts more effective.

INSIDEOUT EVENTS & PROMOTIONS

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Men'sHealth MVP 2016



A Winner Never Quits

Need motivation for a tough workout? Here are some tips from five men who don't ever say die. By Michelle Malia

The Ice Man
Tyler Seguin
Center for the NHL's Dallas Stars and a Stanley Cup champ

"When I'm at the hardest point in a workout, I picture my strongest competitors doing the exact same workout but flying through it with no fatigue. My competitive drive kicks in, and that inspires me to work as hard as I imagine those guys are working."

The Runner
Rob Krar
Winner of the 2014 Western States 100-Mile Endurance Run

"Fearing the pain of intense exercise, rather than injury, will only hold you back from long-term progress. I constantly remind myself that the suffering I'm feeling while training means I'll suffer less on race day, and that allows me to go harder."

The Skier
Billy Demong
First U.S. gold medalist in an Olympic Nordic skiing event

"If I'm on the verge of breaking during a race, I tell myself I'll keep going at my fastest pace for just 10 more seconds. Then I count down from 10. But when I reach 2, I start over and begin at 10 again. I keep going like that until I don't want to slow down anymore."

The Fighter
Floyd Mayweather
Former pro boxer who retired last year with a 49-0 record

"I'm undefeated in the ring, and in the gym I always made sure I put in more hours than my competition. When workouts get tough, I motivate myself by thinking of my family and how training hard and staying at my peak allow me to provide for them."

The Snowboarder
Jeremy Jones
Pro snowboarder and world's foremost big-mountain free rider

"When I was young, my big brother told me that no matter how tired you are, you can always walk. I think about that on big climbs and rides. Even if I'm going at a snail's pace, embracing fatigue as a transformative mind-body experience helps me push on."

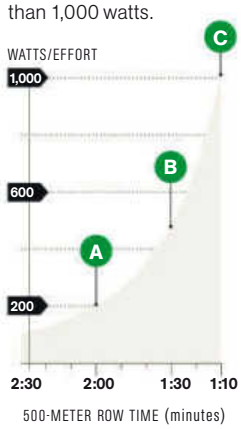
The Best Machine at the Gym

In sports, the difference between first and last can be a matter of seconds. A fan-based cardio machine—like the Airdyne bike or Concept2 rower—can teach you to persevere because it uses air resistance. While you row or pedal, you move fan blades that battle lift and apply drag. So the faster you go, the harder it becomes to increase your speed, says astrophysicist Neil deGrasse Tyson, Ph.D., host of *Star Talk* on the National Geographic Channel. "If you're rowing 500 meters in 1:31, you'd need nearly three times the effort to take a second off your time than if you were rowing at a two-minute pace." A great goal for a 500-meter time is 1:30. Pro tip: Emphasize pushing with your legs, not pulling with your arms.

A/Covering 500 meters in two minutes flat requires you to generate 203 watts.

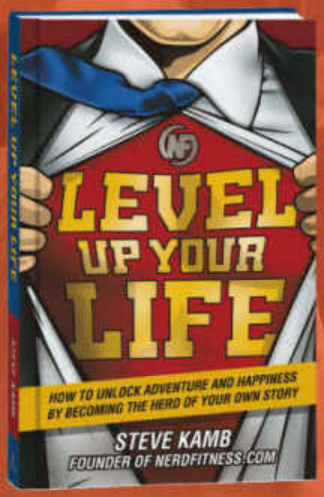
B/Completing the 500-meter row in 1:30 is a fitness feat that requires 480 watts.

C/This world record pace (1:10.5) requires you to sustain more than 1,000 watts.



Alto Co. Ltd./Alamy

Life Is a Game.
Press Start!



For the past 5 years, author Steve Kamb has transformed himself from daydreaming wannabe into a real-life superhero. Not only that, he actually turned his life into a gigantic video game, flying stunt planes in New Zealand, gambling in a tuxedo at the Casino de Monte-Carlo, and even finding Nemo on the Great Barrier Reef. In ***Level Up Your Life***, Steve will teach you exactly how to use your favorite video games, books, and movies as inspiration for adventure rather than an escape from the grind of everyday life. Hundreds of thousands of everyday Joes and Jills have joined Steve's rebellion through his popular website, NerdFitness.com, and leveled up their lives, too—losing weight, getting stronger, and living better.

Adventure is out there, and the world needs more heroes.

Will you heed the call?

ON SALE NOW WHEREVER BOOKS AND E-BOOKS ARE SOLD

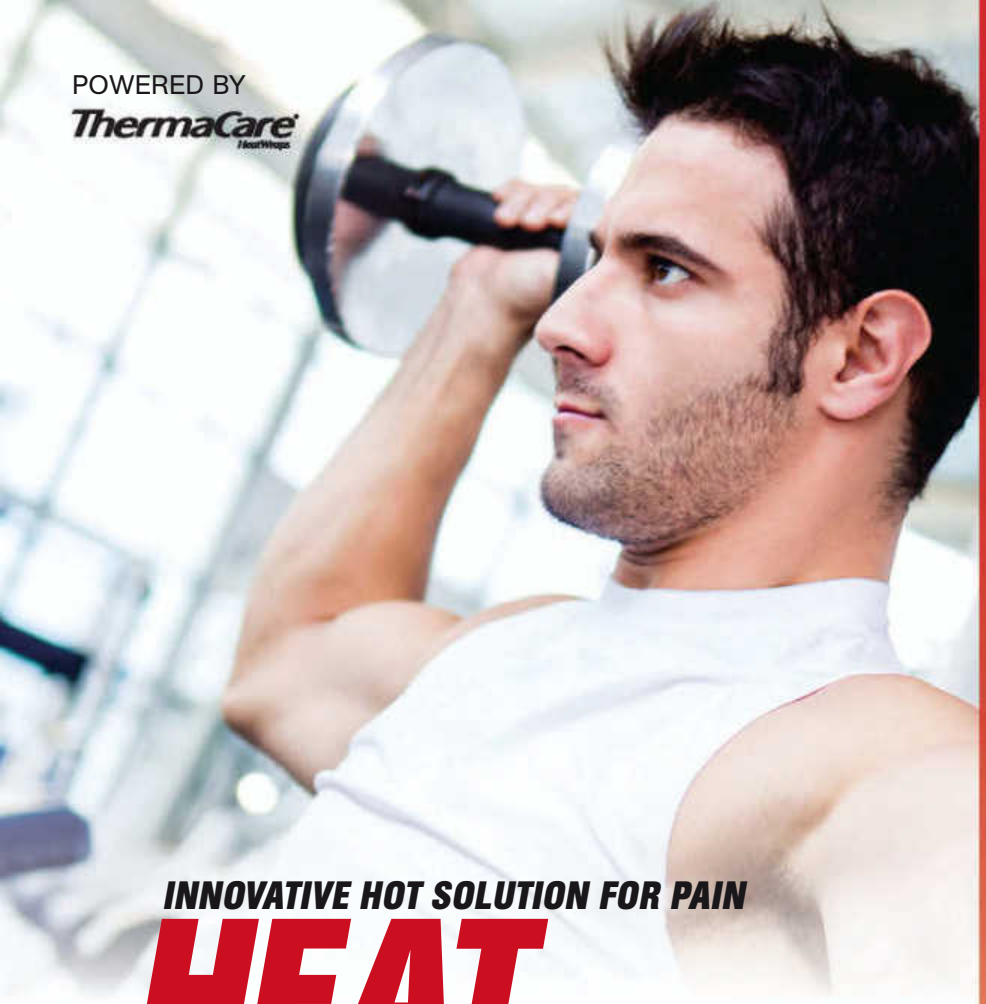
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INNOVATIVE HOT SOLUTION FOR PAIN

HEAT THERAPY

THE LONG-TIME HEAT THERAPY TECHNIQUE THAT HAS BEEN USED BY MEN FOR PAIN RELIEF IS MAKING A COMEBACK. DISCOVER THE RELIEF AND HEALING YOU'VE BEEN LOOKING FOR WITH INNOVATIVE THERMACARE® HEATWRAPS.

Heat therapy has been used for centuries to combat backaches, muscle pain, joint pain and more. Its effectiveness lies in its ability to penetrate deep into the muscle right where it hurts, to relax, soothe and unlock tight muscles.

Clinical studies show the use of continuous low-level heat therapy, like that found in ThermaCare® HeatWraps, can be effective for some pain management. ThermaCare® patented heat cell technology combines iron, oxygen, water and salt in single-use heat wraps to allow real heat to penetrate deep into tissue, increasing blood flow to the source of pain to accelerate healing and relieve pain.

Nobody should be sidelined with pain. With a positive outlook and heat therapy, you are well on your way to a fast recovery. Visit **ThermaCare.com** to discover more ways to manage your muscle aches and pains.

5 WAYS HEAT HEALS:

1. Before exercising, applying heat can relax tight muscles and improve flexibility.
2. After an intense weight session, applying heat can reduce soreness and relieve aches and pains.
3. Increases blood supply and stimulates the elimination of waste products to relax soreness and stiffness.
4. Stimulates the sensory thermo receptors on nerve endings in the skin, which block your body's pain transmitters from sending pain signals to your brain.
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BETTER MAN TRANSFORMATION

This Guy Is Cut

How New York's top hairstylist dropped 45 pounds in six months.

By Michael Easter

The sexiest women in the world want Ted Gibson. Angelina Jolie, Jessica Chastain, Anne Hathaway, and other A-listers line up for him—for haircuts, at a price of $1,500 a pop. But while Gibson was growing his salon empire and making hot movie stars look even hotter, his girth grew too, and his sleek look fell by the wayside.

"I just wasn't exercising as much as I had been before," says Gibson, 50. "And the weight slowly crept on." As a 6'4", 200-pound ultralean bodybuilder in the early 1990s, Gibson had always been a naturally big, muscular guy. "But last July I hit 280," he says. "I had less energy and my back hurt. I wanted to look amazing for my impending 50th birthday."

So *Men's Health* paired Gibson with Vinny Brandstadter of Peak Performance, a New York City gym just around the corner from Gibson's salon, along with *MH* nutrition advisor Mike Roussell, Ph.D. Gibson hit the gym hard three days a week and made key changes to his diet. He admits he was nervous to not be "the big guy" anymore. "But I'm now at 235 pounds," says Gibson. "This is the best I've felt in a long time. I have a lot more energy, my back doesn't hurt, and I'm getting a lot of compliments." Turn the page for four strategies that helped Gibson cut his gut and reclaim his life.

After slimming down, Ted Gibson now looks sharper than his favorite pair of styling shears.

PHOTOGRAPHS BY AARON RICHTER

Men's Health

Torch Your Belly Fat

Tear here and get ripped!

With Ted Gibson's cutting-edge workout, you'll shear off layers of lard, pack on slabs of muscle, and elevate your overall fitness to phenomenal new heights.

BEST NEW WORKOUT March 2016

DIRECTIONS
For the warmup, complete 3 sets of the first exercise and then 3 sets of the second one. Then do 3 rounds of circuit A, followed by 3 rounds of circuit B. For each circuit, complete all your reps of one exercise, rest 60 seconds, and then move on to the next exercise. For an additional challenge, perform one of the finishers in "Fry More Fat!" (see reverse side) after you've completed this workout.



DESIGNED BY
Pat Davidson, Ph.D., training director at Peak Performance in New York City

BEST FOR
Burning stubborn body fat and building solid muscle

EQUIPMENT
Medicine ball, box, dumbbell or kettlebell, cable machine, Swiss ball, barbell, bench, prowler plus weight plates (optional), low step or mat

CALORIES BURNED
500 to 700

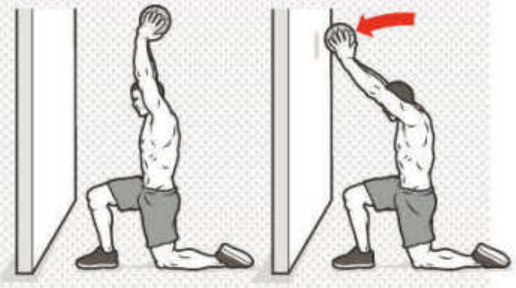
TIME
60 minutes

Portrait by MARCO GORAN ROMANO

WARMUP

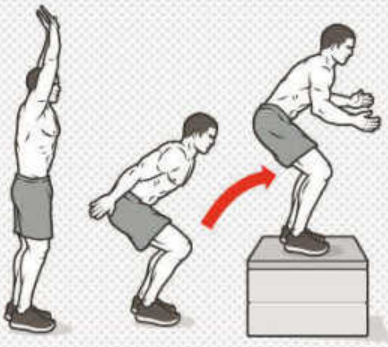
1/ Half-Kneeling Overhead Med Ball Slam

Grab a medicine ball and put your right foot forward and left knee on the floor. Hold the ball overhead. Brace your core and explosively slam the ball against the wall. Catch it close to the wall and immediately slam it again. Do all your reps; switch legs and repeat. **Reps** 10 each side



2/ Box Jump

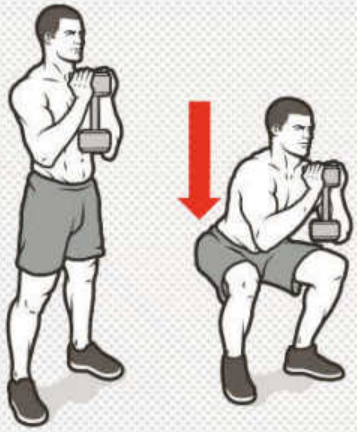
Stand facing a box. Raise your arms and squeeze your glutes. Quickly lower your arms and drop into a quarter-squat position, your hips back and knees slightly bent; then explosively jump onto the box. Land softly with your knees bent. Step down and repeat. **Reps** 8



A CIRCUIT

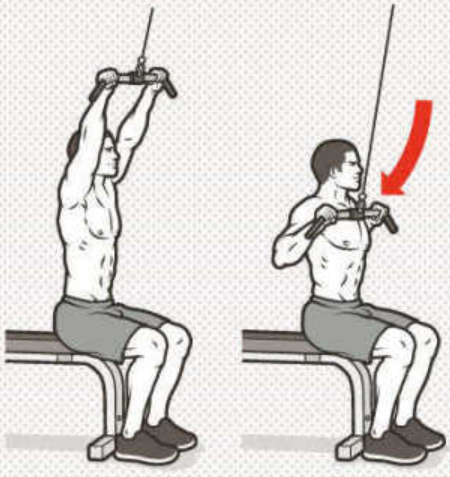
1/ Goblet Squat

Grab a dumbbell or kettlebell and stand with your feet just beyond shoulder width. Cup one end of the dumbbell with both hands and hold it vertically next to your chest. Push your hips back, bend your knees, and descend as far as you can while keeping your back straight. Pause; push yourself back up to the starting position and repeat. **Reps** 8



2/ Lat Pulldown

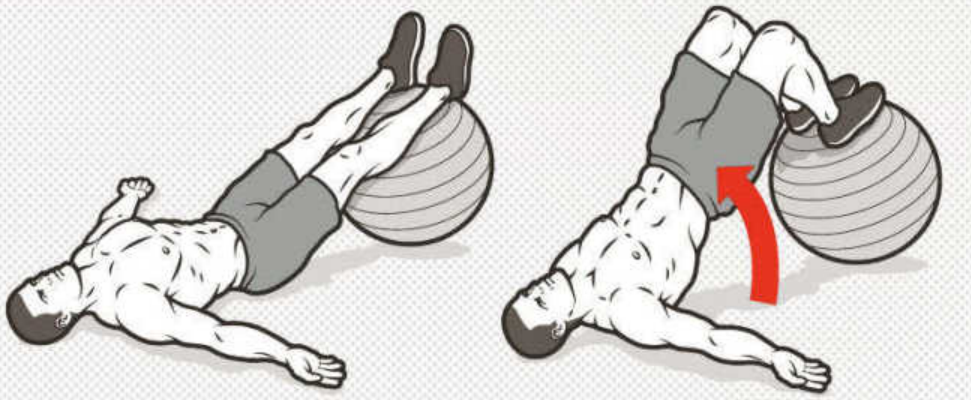
Sit at a cable machine. Grab the bar using an overhand, shoulder-width grip. Moving only your arms, slowly pull the bar down to your chest. The bar should pass directly in front of your face. Pause and squeeze your shoulder blades together. Now slowly return the bar to the starting position. Repeat. **Reps** 8



ILLUSTRATIONS BY +ISM

3/ Swiss Ball Hip Raise and Leg Curl

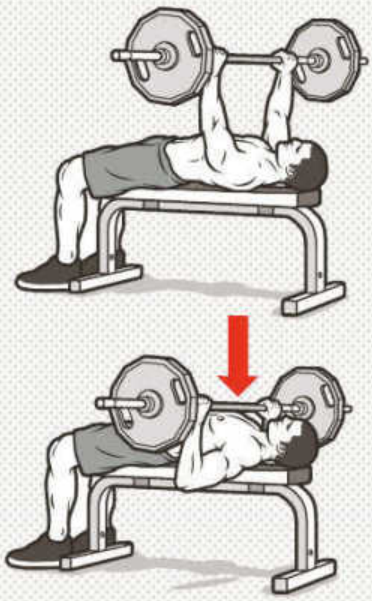
Lie on your back on the floor and rest your lower legs on a Swiss ball. Place your arms out to your sides, palms facing up. Now raise your hips so that your body forms a straight line from shoulders to ankles. Without pausing, pull your heels toward you and roll the ball as close as possible to your butt. Pause and reverse the motion by rolling the ball out until your body is once again in a straight line. Lower your hips to the floor and repeat. **Reps** 5



B CIRCUIT

1/ Barbell Bench Press

Lie on a flat bench. Using an overhand, shoulder-width grip, hold a barbell above your chest, arms straight. Lower it, pause, and press it back up. Keep your elbows tucked so that when you're in the down position, each upper arm forms a 45-degree angle to your side. **Reps** 8



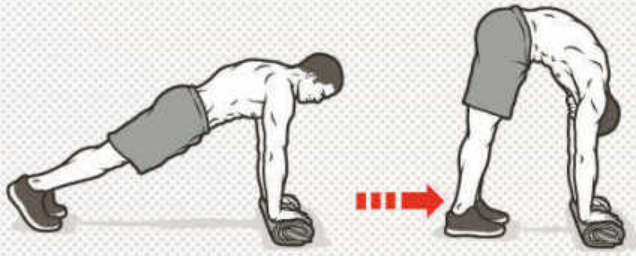
2/ Prowler Push

Grab the high handles of a loaded prowler sled and push it the prescribed distance. No prowler? Perform 10 dumbbell reverse lunges (step back, knee to floor) with each leg. **Distance** 100 feet



3/ Belly Lift Walkup

Assume a pushup position, your hands elevated on a low step or a rolled mat. Keeping your legs straight, "walk" your feet as close as possible to your hands, rounding your upper back. Actively push your heels into the floor and your palms into the step or mat. Stop when you can no longer keep your legs straight. At that point, take a deep breath in and then exhale fully. That's 1 breath. Don't shrug your shoulders or rush your breathing. **Breaths** 5



FRY MORE FAT

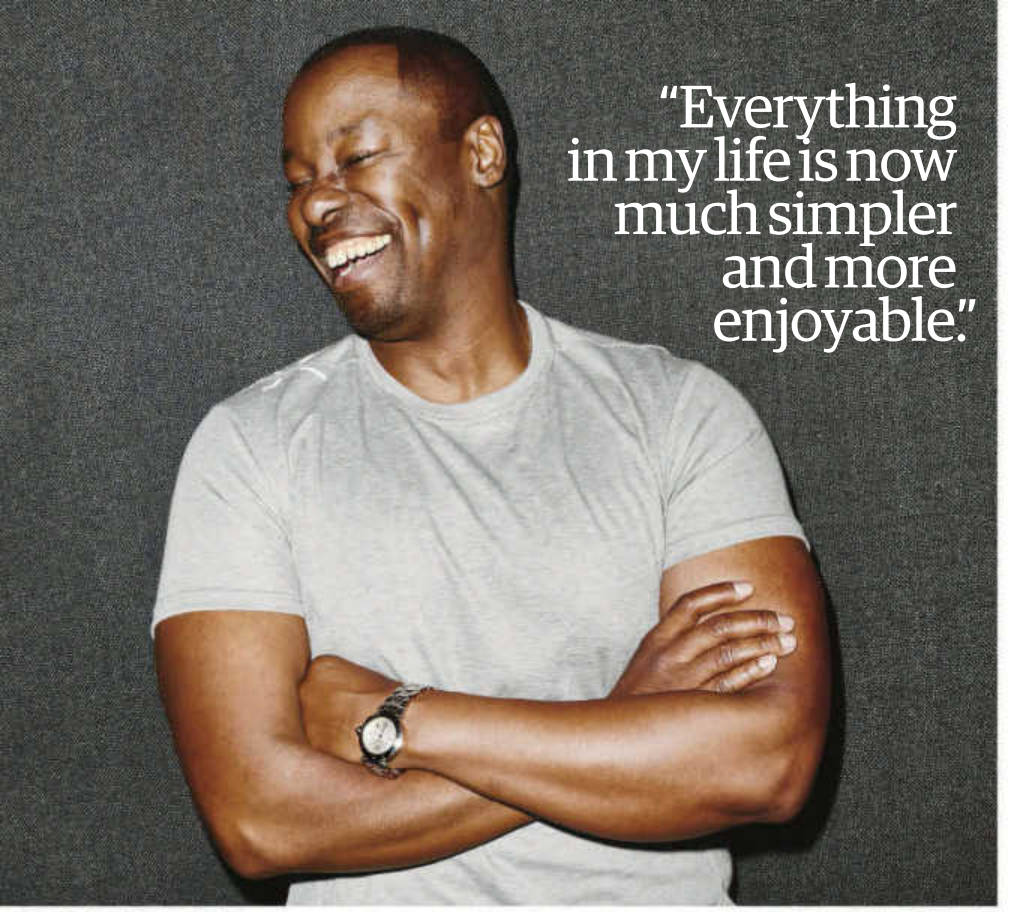
Cap off your workout with one of these do-anywhere finishers.

THE FINAL COUNTDOWN
Choose four body-weight exercises. Do 9 reps of each. Repeat, this time doing 8 reps, then 7, and so on until you're doing just 1 rep.

THE TWISTER
Move your body into different positions for 5 straight minutes, incorporating planks, pushups, walkouts, and various yoga poses.

THE BOXER
Grab a jump rope and do 5 skips. That's 1 round. Repeat, adding 5 skips to each round until you've hit the 75-skip round.

Icons by HUBERT TERESZKIEWICZ



Styling: Brian Boyé, grooming (inset): Laura Shelley/Exclusive Artists Management; illustration by CHRIS PHILPOT; opposite: Bonobos suit and shirt, The Tie Bar pocket square, Ties.com lapel flower; this page: Ten Thousand shirt; throughout: Cartier watch

1 Build a Solid Foundation

Early in his training, Gibson was ending sets early. "It wasn't because he'd reached muscular failure," says Brandstadter. "He was stopping because he was too winded." The fix: Gibson did aerobic intervals to build endurance, allowing him to recover faster, avoid fatigue, and get more out of his workout sessions.

Your move A lack of aerobic capacity kills your performance—so do some cardio. Don't overthink it. Choose whatever you like (or can stand), whether long runs or short sprints, and fit it into your schedule. "I did Airdyne bike intervals, which I hated but I know helped me," says Gibson.

2 Find What Drives You

"I'm extremely goal oriented," says Gibson. "Hitting number goals is how I was able to build my business." That's why doing sets for time—for example, squats for 30 seconds—didn't work for Gibson. "I needed to attain numbers, like 'Complete 10 reps,'" he says. "With a number goal, I work harder to get the reps done quicker."

Your move Embrace your tics—it's okay to adjust your program if the tweak helps you go harder. Maybe you'll thrive with mobility work after your program rather than before. Or perhaps your incentive to go all-out is a tasty postworkout shake or weekly cheat meal.

3 Ease Into Your Eating Plan

Many crash diets fail because they force you into drastic life changes. That's why Roussell snuck healthy tweaks into Gibson's diet that wouldn't affect his overall lifestyle. He helped Gibson find healthy meals at each of the restaurants his staff orders lunch from every day.

Your move Plan out your meals, and maintain your favorite social food rituals. Find a few healthy go-to meals at your favorite restaurants. And if you always eat a set meal with family or friends, don't stop that ritual. Just find simple ways to make the meals align with your diet, like putting fewer fats on a salad or entrée.

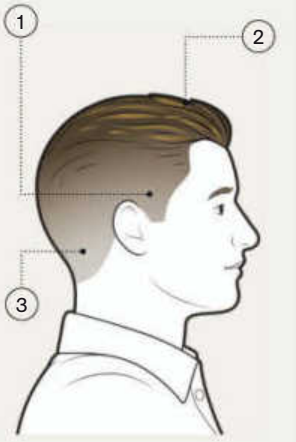
4 Take Things in Stride

"Making it to the gym and changing your diet add even more stress to your probably already stressful life," says Roussell. Too much stress can break down your defenses against tempting foods or, at worst, cause you to give up. That's why Roussell has all of his clients practice some form of stress-reduction therapy. Gibson does 20 daily minutes of meditation.

Your move Find an activity you enjoy that also reduces the stress in your life. It could be jogging, walking the dog, meditation, or building Lego sets. Now try to do it once a day—consistency is key when it comes to busting stress.

Hair That Makes You Slimmer

Ted Gibson can help you look pounds lighter with just a comb and a pair of shears. Pass these three tips on to your barber—and prepare to be transformed.



1/ Keep the Sides Tight

To make your face appear longer and leaner, go short on the sides and longer on top, advises Gibson. Tell your barber to use a number 2 guard when he clips the sides, and ask him to leave 2 to 3 inches on the top.

2/ Lighten Up

You may think highlights are for women, but adding some slightly lighter touches to the hair on top of your head is an easy way to look better without lifting a weight. "This draws the eye to the top of your head," says Gibson. "That helps you look slimmer—and taller."

3/ Watch Your Back

Depending on your body type, the shape of your hair neckline can make you look 10 pounds lighter or 10 pounds heavier. "Guys with pencil necks should have their neckline cut straight across; that makes your neck look wider," says Gibson. "Guys with thick necks should have the line taper upward or fade. That thins you out."


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6 WAYS YOU BROADCAST YOUR AGE

Our decade-by-decade guide to muffling your body's telltale signals.

By Jennifer Ryan Jones

Act your age? Never. Look your age? We'd prefer not to, thanks. But the passing years can sneak up on you and affect your appearance in subtle ways—stray ear hairs, splotchy skin, a dulling smile. And your grooming routine needs to evolve as these challenges present themselves, says Beverly Hills dermatologist Harold Lancer, M.D. Turn the page, choose your decade, and embrace our easy age-defying adjustments.

PHOTOGRAPH BY THE VOORHES

Clean Up Good in Every Decade







20s



You're in a rush—but just stop, take a breath, and devote a few minutes in the morning to avoid these hangups.

1/ Excess Facial Oil
Don't scrub your skin too hard in the shower—that'll make nerve endings at the base of your pores signal oil glands to produce *more* oil. Along with a light touch, Dr. Lancer suggests a gentle wash to remove oil and dead skin cells. Moisturize with oil-free lotion: Dry skin looks dull and is more susceptible to fine lines.

TRY THIS
Look for a face wash with exfoliators like salicylic acid and tea tree oil to keep your skin zit-free. *Lancer Skincare The Method: Cleanse Blemish Control, $55, lancer skincare.com*

2/ Skin Irritation
Shaving fast can leave your face raw and inflamed. So slow down! And upgrade to a hydrating shave gel or cream, which will result in less tugging and trauma. If it takes more than two swipes, your blade is too dull, says Dr. Lancer. End with a fragrance-free aftershave—chemical scents can cause redness and bumps.

TRY THIS
Choose a shave gel that contains two important ingredients: moisturizers to help your razor glide and vitamin E to soothe your skin. *Edge Extra Moisturizing, $3, edgeshave.com*

30s



No more coasting on your youth. Give your face and scruff a rejuvenating lift with these smart skin-saving strategies.

3/ Sun Damage
Sunburns heal, but every summer you spend soaking up rays can still boost your risk of developing brown spots and fine lines. A good moisturizer will help keep those blemishes buried. Apply it in the morning and before bed. Make sure its SPF rating is at least 30, says New York dermatologist Angela Lamb, M.D.

TRY THIS
You'll want a cream that combines loads of antioxidants with salicylic acid to help reduce dark spots and even out skin tone. *Clinique for Men Dark Spot Corrector, $50, clinique.com*

4/ Beard Dandruff
Oil glands are abundant in the area where a beard grows. And all that oil, in turn, feeds skin fungus, which can cause flaking, explains Joshua Zeichner, M.D., a dermatologist at Mount Sinai Medical Center. Use dandruff shampoo on your whiskers once or twice a week, and apply a moisturizer to your face and beard.

TRY THIS
A shampoo with pyrithione zinc and tea tree oil will banish flakes. Extracts like eucalyptus leave a refreshing aroma. *Malin + Goetz Dandruff Shampoo, $26, malinandgoetz.com*

40s



Even if you've been a little negligent over the years, you can still turn back the clock with these two solutions.

5/ Fine Lines
Skin of any age will respond quickly to the right routine, Dr. Lancer says. Use products containing peptides to improve firmness and fill in fine wrinkles. And undo the real damage by applying a retinol-based lotion all over your face; this increases production of collagen, which gives skin its elasticity.

TRY THIS
Ingredients like black tea and lychee seed extract combine to fight free-radical damage, smooth wrinkles, and improve elasticity. *Fresh Black Tea Age-Delay Firming Serum, $98, fresh.com*

6/ Yellowing Teeth
As you age, your teeth become more porous and susceptible to stains, says Manhattan dentist Larry Rosenthal, D.D.S. Beverages such as tea, coffee, and red wine are a few culprits. Don't want to pay for an in-office procedure? Try an at-home whitening system, or use a daily whitening toothpaste.

TRY THIS
IntelliWhite's five-minute system uses peroxide and zinc oxide enhanced by blue light to penetrate past the enamel. *IntelliWhite CoolBlue Pro Teeth Whitening Light System, $225, hsn.com*

MITCH MANDEL (still-life photographs); styling: Annie Edwards; JB Lacroix/Wirelmage (Michael B. Jordan); Michael Loccisano/Getty Images for SXSW (Ryan Gosling); Jon Furniss/Splash News/Corbis (Bradley Cooper)

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Traveling? Eliminate the risk of spillage with this bag-friendly hair and body bar.

Raise the Bar

The newest soaps are packed with special ingredients that protect your skin and smell great. Maybe it's time to ditch the bottle.

Heal Rough Patches
Lafco Sage & Walnut Soap
Want to feel a bit Mediterranean? Cold-pressed olive oil serves as the base of this moisturizing, preservative-free soap from Italy. And the layer of emollients it leaves behind improves your skin tone, says Jon Bresler of Lafco New York. *$11, lafco.com*

Refresh Your Mug
Ernest Supplies Awake & Exfoliate Body Bar
Peppermint, citrus, lavender, and rosemary oils wake you up, while jojoba oil has a soothing, anti-inflammatory effect. Finely ground coconut shells and lava rock help scrub off dead skin cells. *$15, ernestsupplies.com*

Wash Away Oil
Dove Men+Care Oil Control Bar
Use this versatile bar on your face and body. The active ingredient, kaolin clay, absorbs excess oil. But beware: Humidity can make bars like this mushy, so make sure your soap dish has drainage holes. *$8 for 6 bars, target.com*

Smooth Your Shave
Paul Mitchell Tea Tree Body Bar
Enjoy shaving in the shower? Go ahead, be reckless. Tea tree oil works as a natural antiseptic and antimicrobial. So if you nick your face, no need to worry—the wound is already being treated! *$9, select salons; visit paulmitchell.com to find one near you*

Clean Up Faster
Woody's Hair & Body Shampoo Bar
Simplify your postworkout shower routine with this two-in-one stalwart. Hemp seed oil and shea butter—a dynamic duo packed with nourishing fatty acids—keep your skin and hair smooth. *$13, loxabeauty.com*

PHOTOGRAPH BY THE VOORHES



THE CURE FOR BALDNESS
(Yes, It's Finally on Its Way)

More than half of men lose some hair by age 50. Two decades later, 80 percent of us are sporting a skullet. But don't despair. A handful of hair-raising solutions are sprouting.

By Dan Foster

When someone is trying to point me out in a room, I'm "the bald guy over there." But even then, I don't stand out, since an estimated 50 million American men have something called androgenetic alopecia, more commonly known as male-pattern baldness.

Losing your hair in your 20s and 30s might seem like the end of the world at the time, but I'm here to tell you it isn't. Forget the fear that beautiful women won't date a man whose hairline has turned and fled. A few years ago, a study from UPenn's Wharton School found that guys with shaved heads were perceived as being more dominant than those with full heads of hair. Check out John Malkovich or Vin Diesel for proof. And we shouldn't have to tell you that women find power sexy.

Still, most bald guys, given a choice, would prefer to have more hair to comb rather than more hair *in* the comb. We've been promised for more than a decade that a cure for thinning hair is just around the corner, and frankly our patience is now thinning too. Sometimes, despite the huge and lucrative potential market for an affordable and effective hair-loss remedy, it seems as if nobody is even trying to find one.

Since 1997, the FDA has approved zero new drugs for baldness and a few laser contraptions (see page 72). An online troll through some hair-loss forums led me to a few interesting underground "remedies," including scalp tattooing (camouflage that bald spot!), caffeine-laced shampoos (make those follicles so jittery they have to produce something!), and various herbal concoctions containing capsaicin, the compound that makes peppers hot (flush out your scalp with fresh, oxygenating blood!). According to a *National Enquirer* story—and who am I to doubt them?—Leonardo DiCaprio regularly smears his handsome noggin with all kinds of stuff, including lemon juice, horseradish, and spice mixtures. Evidently, it's so smelly that some of the models he chats up have complained.

Before you make a titanic mistake by spending lots of your hard-earned money on any of these solutions, understand that none of them will restore your once-flowing mane or fill in your bald spot in a way that preserves your respectability. But legitimate treatments are coming—really, says Angela Christiano, Ph.D., a Columbia University professor who specializes in researching hair loss and its potential remedies. In fact, sometime in the next decade, I may be able to choose from several good options to regrow my mane and once again enjoy the distinction of being identified at parties as "the guy with the great head of hair over there."

Here's what's on the horizon.

JAK Inhibitors

The Wait 3 to 5 years

Healthy hair grows in cycles. A follicle produces a hair; the hair hangs out looking sexy for a while; then the hair falls out. When that happens, the follicle goes temporarily dormant before sprouting anew. The number of cycles is supposed to be unlimited, but in balding men, the new hair grows back finer each time, until it's like peach fuzz. The hair isn't gone; it's just imperceptible. In October, Christiano began using a class of drugs called JAK inhibitors, which target inflammatory cell pathways, to stimulate follicles back into robust growth cycles. She did this successfully in mice and in human cells. Whether it'll work on real men remains to be seen. Since the drugs are already FDA approved for other purposes, they have cleared major safety hurdles and could be in clinical trials for hair loss soon.

Not Your Old Rug

All these celebs are rumored to be sporting toupees. Can't tell? That's the point.

The opening scene of *American Hustle* is a painful 90 seconds. You see Christian Bale before a mirror, carefully covering his bald spot with a 1970s-era toupee. He glues the hair into place, coifs it, and then hits it with hair spray. The scene aims to stain Bale's character with the mark of dishonesty. It works, too. But why? Is the toupee really that bad? It's hard to imagine Jason Statham or Patrick Stewart wearing one, but plenty of other celebrities do it. And maybe that's fine. The old days of toupees so obvious they could be spotted from a Landsat 7 satellite are gone, and so are the days of gluing them on. Today's hairpieces are mostly undetectable. The process of attaching them and blending them with existing hair is painstaking and expensive, and as the natural hair grows, everything needs to be readjusted every week or so. Are we saying you should buy a rug? No. But if you do, no one will ever know.



CLOCKWISE FROM TOP LEFT: Jeremy Piven, Jason Alexander, Kevin Costner, John Travolta

Two Hair-Replacement Rip-Offs to Avoid

Nioxin

If wishful thinking is a commodity, consider Nioxin its primary purveyor. The company that makes this line of topical treatments claims that it can rid your scalp of follicle-clogging sebum and surface residue. While the claim may be true, it's irrelevant for balding men. "Every shampoo does that," says Papri Sarkar, M.D., a dermatologist in the Boston area. "Sebum is simply an oil produced by your sebaceous glands. Getting rid of it does nothing to help reduce male-pattern hair loss." So why do some men insist they've seen results? It's probably because they're initially washing their hair more often, which leads to fewer hairs clogging the drain. "If you wash your hair every three days, you might lose 300 hairs per wash," says Dr. Sarkar. "But when you do it daily, you'll lose only 100 hairs." Plus, clean hair has more body than greasy hair, so it looks thicker.

Hair-Loss Supplements

The hair you see is dead tissue. Feeding it won't bring it back to life any more than fertilizer will revive the dried-out plant in your office. Don't bother googling "supplements for hair loss" because all you'll get are bogus claims and "reviews" from shills working for companies that sell overpriced rubbish. The FDA is clear: "Based on evidence currently available, all labeling claims for OTC hair grower and hair loss prevention drug products for external use are either false, misleading, or unsupported by scientific data."

Opening page: Douglas C. Pizac/AP Photo (2); D. Long/Globe Photos Inc. (1); this page, clockwise from top left: Steve Granitz/WireImage, Imeh Akpanudosen/Getty Images, Alexander Tamargo/Getty Images, Dan MacMedan/WireImage

Stem Cells

The Wait 5 years

For quite some time, researchers have been betting big on the potential for stem cells to grow human hair. But when hair-follicle stem cells are grown in the lab, they lose their capacity to induce new hair follicles when placed back into the scalp. These hair-follicle stem cells don't seem powerful enough to do the trick on their own. One solution, says Christiano, is to find ways to restore their inductive properties, by growing them in special conditions in the lab and coaxing them back into a potent state. Scientists at the Sanford Burnham Prebys Medical Discovery Institute recently discovered they could grow new follicles by using a type of human skin cell derived from pluripotent stem cells. So far, only mice have been enjoying the fruits of these findings. Regardless, researchers believe pluripotent cells could be used to grow new hairs. Human trials are scheduled to begin in the near future.

Hair-Follicle Engineering

The Wait 5 to 8 years

Right now, the best way to restore a receding hairline is via hair transplant surgery (see "A Tale of Two Transplants," right). The days of corn-rowed hair plugs are long gone, sometimes replaced by robot-assisted microsurgery devices that can create a remarkably natural look. But these procedures aren't cheap (a new hairline can cost $10,000-plus), and rather than creating new hair, transplants merely move existing follicles from the back and sides of the head to the front of the scalp. If you've been balding for a while, your remaining hair may be too sparse to provide enough donor sites. But what if you could take just 100 follicles and clone them into 100,000—the number most men are born with on the scalp? In 2012, a Japanese group reported preliminary success cloning follicles. According to Christiano, the field of regenerative medicine is rapidly advancing, so you might have the opportunity to become a successful farmer soon.

Fibroblast Growth Factor

The Wait About 8 years

Conventional wisdom says we're born with all the hair follicles we'll ever have, and some of us are simply destined to have clogged shower drains in our future. But in a study in *Nature Medicine*, George Cotsarelis, M.D., a University of Pennsylvania dermatologist, reported on a possible way to grow new follicles by wounding the scalp and treating it with a substance called Fgf9, or fibroblast growth factor 9. The process produced hairier mice by creating new follicular stem cells in an area of the epidermis called the bulge. The problem is that humans don't have much Fgf9. The solution, says Dr. Cotsarelis, is a combo treatment that involves "microwounding" the scalp and then applying a drug with synthetic Fgf9. Dr. Cotsarelis is involved with a startup company, Follica, that's exploring the feasibility of doing the same thing with men.

Quorum Sensing

The Wait At least 10 years

What if the cure for baldness involved yanking out your few remaining hairs? Counterintuitive, yes, but science backs this theory. Last year, researchers at the University of Southern California discovered that removing about 200 individual hairs induced the regrowth of about 1,200 dormant hairs—again, only in mice. Still, there's hope. The science behind this has to do with a process called "quorum sensing," where a group of stem cells responds to an injury afflicting its colleagues. The resulting inflammation signals the surviving stem cells to wake the hell up, get busy, and grow more hair. For this procedure to sprout significant coverage in humans, researchers say they need to figure out how to deploy stem cells to foster controlled regrowth. So be patient. Someday soon we may finally have a legitimate reason to go pluck ourselves.



A Tale of Two Transplants

Biden's is less than presidential, but McConaughey's is pretty interstellar.

In the early days of hair transplantation, doctors harvested large multi-hair grafts, known as plugs, from the back and sides of the head and transferred them to sparser patches, where they were coddled until they hopefully took root and flourished.

It was a painstaking and expensive process, done entirely by hand, not unlike trying to grow Iowa corn in the Sahara Desert. By the time hundreds or even thousands of hairs had been transferred, the pincushion scalp often resembled a doll's head.

In the photo above, you can see this artificial-looking "weave" effect in the hairline of U.S. Vice President Joe Biden. Although the veep reportedly had his surgery back in the Republican 1980s, you can still clearly recognize little tufts of clustered hair sprouting from the corn rows where the plugs were originally planted. It's certainly better than his Mr. Burns look of old, but nothing to take to the hotel pool and cavort about with.

Despite all the jokes and porous scalps, hair transplantation is still around today and still beyond the financial reach of most regular guys ($10,000 and up for quality jobs). But it can be much less time-consuming now, and the results look far more realistic and attractive. The surgery today utilizes more-advanced techniques, including high-tech robots that methodically punch microscopic holes in the scalp and quickly fill them with smaller natural-hair groupings, or "micrografts," instead of clumsy plugs.

Skeptical? Take a look at the photo of Matthew McConaughey. Pretty natural, huh? In fact, if you haven't been following his career, you might never guess he'd thinned out and allegedly resorted to this procedure to replace some of his hair. It looks that good. And it could for you too. Just start saving now.

From top: Walter McBride/Corbis, Earl Gibson III/Getty Images



The Truth About Trump's Hair Tower

What the hell is happening with this dude's hair?

And we don't mean that in a mocking way. (The rest of the Internet certainly has that more than covered.) We're asking the question out of sincere, unironic, fascinated curiosity.

Is it a toupee? Probably not. Is it a comb-over? Absolutely. But what is it combing over? Trump appears to have a full head of hair. So why does he comb it like he's walking backward on a windy day?

The most probable reason is that at some point in the 1980s, Trump may have had a hair-loss scare and resorted to a rarely used procedure called scalp flap surgery. This involves taking a section of hair above the ears, cutting it loose on three sides, and flipping it up and over the front of the scalp, where it was sewn down. Because that hair originally grew in a different direction and continues to do so, the new hairline looks unnatural. (The surgery likely produced a scar he's covering up.)

"I do not question Trump's assertion that his hair is 100 percent his own," says Paul McAndrews, M.D., a Los Angeles hair transplant doc. "I believe it is his hair; I just do not believe that God was the architect of his hairline."

Unfortunately, Trump has repeatedly refused to provide even a hair-breadth of explanation.

Don't Lose It in the First Place

Use this step-by-step dermatologist-approved plan to slow the erosion of your hairline. If you're lucky, you might even see some regrowth.



Minoxidil

●●●●●

Minoxidil (Rogaine) probably won't restore what's lost, but it can help you hold on to what's left and even help you regrow a bit. The topical med increases bloodflow as well as oxygen and nutrient delivery to the follicle. Liquid Rogaine can cause irritation and leave a greasy coating on your hair, so opt for the 5 percent foam, says Melissa Piliang, M.D., a hair-loss expert at Cleveland Clinic. Rogaine costs only $17 a month, but you'll have to use it forever to retain any gains. Rub it into your scalp in the a.m. and again at night for the most benefit. Bonus: Unlike the oral medication finasteride (the other FDA-approved drug, sold as Propecia), minoxidil isn't linked with erectile dysfunction or decreased libido.



Meditation and Exercise

●●●●●

In balding men, periods of rapid shedding are often brought on by stress. The reason? Stress floods your body with the hormone cortisol, and then other hormone levels fluctuate in response, Dr. Piliang says. If you're predisposed to balding, this can speed the process. To better control your stress, you might want to try traditional meditation or, if that's not your thing, an active meditation regimen such as yoga or tai chi. Or just commit to getting in better shape. A 2015 study in *PLOS One* found that older men with a high level of cardiorespiratory fitness release 42 percent less cortisol throughout the day than unfit men do. The stress hormone has been linked to all sorts of diseases.



Ketoconazole Shampoo

●●●

Swap your standard shampoo for a brand with 1 percent ketoconazole, such as Nizoral ($13 for 7 ounces, drugstore.com). Or ask your doc to prescribe the 2 percent version. "It's marketed as an antidandruff ingredient, but there's solid research ketoconazole is an anti-androgen," says Dr. Piliang. Anti-androgens block the conversion of testosterone to dihydrotestosterone, the hormone that shrinks hair follicles. That's how finasteride works too, but because ketoconazole is confined to the scalp, it doesn't have the risk of negative sexual side effects, she says. Massage the shampoo into your scalp, step out of the shower stream, wait two to three minutes, and rinse.

> In balding men, periods of rapid shedding are often brought on by stress. The fix: exercise.



Laser Devices

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Besides minoxidil and finasteride, laser devices are the only other hair-loss treatment cleared by the FDA in recent years. The devices are sold as wands or *Star Wars*-worthy helmets for $200 to nearly $900. In the largest study, published in 2014 in the *American Journal of Clinical Dermatology*, men who zapped their scalp three times a week saw a significant increase in hair density after 26 weeks. One theory is that lasers have an antioxidant effect on hair follicles. But before you rush out to buy a six-pack of combs, understand that "hair growth" doesn't necessarily mean "hair other people can see." You will likely feel it, though, which may have a placebo effect on your confidence.



Vitamin D

●◐○○○

A *British Journal of Dermatology* study reported that people with alopecia areata, an autoimmune disorder that causes hair loss, were three times as likely to be D deficient as those with healthy hair. "Vitamin D helps hair reset its growth phase," explains Dr. Piliang. To jumpstart your follicles, she recommends taking 2,000 IU a day of vitamin D_3, especially in winter when you're exposed to less sunlight. But don't try baking your bald spot in the sun to ramp up your vitamin D production. That might result in an even bigger problem. "Men should be careful about sun exposure on a balding scalp, since it's a common location for skin cancers," Dr. Piliang warns. –MICHELLE MALIA

LEAST EFFECTIVE ←○○○○○→ MOST EFFECTIVE

Robyn Beck/AFP/Getty Images (Trump). DUSTIN WALLACE (illustrations)

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The #2 Way to Boost Your Health

The microbes living in your body can affect your mood, waistline, and disease risk. So we asked two *MH* readers to give a crap—literally. By Melissa Romero



By now you know the drill at the doctor's office: Stick out your tongue. Drop your drawers. Take a dump in a cup…er, what?

Okay, maybe you haven't been asked for a stool sample yet. But a good argument can be made for shipping some of your poo to a lab. Your feces can reveal a lot about your microbiome—the community of microbial organisms that lives on your skin and inside your nose, mouth, and especially gut. You have 100 trillion of these critters, and an unhealthy biome can cause a range of problems from acne to anxiety, says George Weinstock, Ph.D., of the Jackson Laboratory for Genomic Medicine.

Don't think of these microbes as freeloaders who move in and wreak havoc like a bad roommate. They're part of you. There are 10 of them for every one of your human cells, and together they make up the "superorganism" that is you, says Weinstock. You pilot the ship, but your microbial friends—tiny warriors with names like Firmicutes and Bacteroidetes—man the turrets. They offer first-line defenses against pathogen invasions and signal your immune system when more antibodies are needed for backup. "Every part of your body has a symbiotic relationship with your microorganisms," Weinstock says. Diversity is critical: Generally speaking, a wider range of microbes creates stronger protection from chronic health conditions and autoimmune diseases. Depression, type 1 diabetes, obesity, even cancer—your risk of developing any of these maladies drops when your microbiome is as lush as a rain forest, he says.

To see how normal dudes fare, we created a contest: Two volunteers swabbed some used TP and sent the samples to a lab, uBiome (tests start at $89, ubiome.com), to learn whose gut was more diverse.

Volunteer one: Adam Smith, 24, with a history of acne and gastrointestinal problems. He controls both by avoiding grains, gluten, and sugar.

Volunteer two: Craig Merrick, 40, a gym owner who eats a healthy, well-rounded diet and works out hard four days a week. His biggest health threat is stress, which can cause inflammation and throw off gut bacteria.

About a month later, the results were in: Both guys had above-average biodiversity scores (see "Let's Go to Medical Stool!" later in this article). But Smith had less biodiversity than Merrick—predictable, given Smith's problems. "If not for his diet changes," which affect gut health, "his microbiome would probably have been much worse," says Weinstock. And both guys could still probably improve: A 2014 study in *Proceedings of the National Academy of Sciences* reports that the average microbiome of an American adult is about a third less diverse than those of our ancestors and people in less developed

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countries. That may be partly due to our heavily processed diet and the overuse of antibiotics that wipe out good bacteria along with the bad.

There's still a lot we don't understand about the microbiome, says Weinstock. But we're learning more all the time. We already know several ways to improve its biodiversity. Hack yours with these tips and you'll see an uptick in your immune function and overall health.

Gut bacteria flourish on fiber. Make sure yours are well fed by eating about 42 grams of fiber daily, the equivalent of 3 cups of black beans.

1/ Feast on Fiber

Gut bacteria love fiber: Researchers at NYU have linked an increased intake of fiber from beans, fruits, and vegetables with a greater abundance of both Actinobacteria (which produce natural antibiotics) and Clostridia, a class of microorganisms that's been linked to decreased risk of colorectal cancer. The average fiber intake in the study was 14 grams a day; you'd be wise to aim for almost three times that, which amounts to just under 3 cups of black beans.

2/ Train Your Gut

You can bolster your biome at the gym. Male pro athletes have significantly more diverse gut bacteria and lower levels of inflammation than less active and sedentary men, a recent study in the journal *Gut* reports. The researchers aren't exactly sure how exercise diversifies a person's microbiome, but the effect may be from a combination of breaking a sweat and eating for performance. The athletes consumed 100 more grams of protein a day than the control group did.

3/ Eat Whole Grains

The Paleo crowd talks about carbohydrates like they're poison. Pay no attention! In a recent study from the University of Nebraska, healthy adults who consumed 60 grams of whole grain cereal every day experienced significant improvements in metabolism, immune function, and microbial diversity. Yes, fiber certainly played a role in those results, but the study authors suggest that whole grains might confer additional anti-inflammatory benefits.

4/ Go Easy on the Pills

The current generation of prescription antibiotics are broad-spectrum—in other words, they target good and bad microbes indiscriminately. Recent studies indicate that this can disrupt your microbiome within three days, and Swedish scientists say it can take up to four years to restore the balance. No, you can't always avoid antibiotics, but you can ask your doctor for the safest option. For example, a Dutch study found that amoxicillin has no effect on microbial composition.

5/ Say Hello to Joe

Coffee's laxative effect may signal that there's something positive going on in your digestive tract. Swiss scientists found that drinking three cups of java per day could bolster your gut's levels of *Bifidobacterium*. They speculate that these beneficial microbes help prevent bad bacteria from moving in and taking up residency in your intestinal tract. Credit probably goes to the slew of beneficial compounds that exist naturally in coffee, such as chlorogenic acids. So go grab another cup.





MITCH MANDEL (opening page and Merrick), ERIN PATRICE O'BRIEN (Smith)

MH SHOWDOWN

Let's Go to Medical Stool!

We asked two *MH* readers to donate poo samples for a head-to-head gut test. The results—a snapshot of biome diversity—are in the pie charts to the left. And those big words? They're phyla of bacteria. Here's what they do.

Verrucomicrobia Bacteria in this group spike after you take antibiotics, and they've been linked to obesity.

Actinobacteria These produce about two-thirds of your gut's natural antibiotics, say researchers in France.

Proteobacteria In this case, low is better: The Proteobacteria include a wide variety of pathogens (such as E. coli) that have been linked to inflammatory bowel disease.

Bacteroidetes Another group of beneficial microbes: Bacteroidetes let excess fat slide through the gut undigested.

Firmicutes They're common, but having too many is linked to obesity and irritable bowel syndrome. In one study, people with IBS had a high ratio of Firmicutes to Bacteroidetes.

CRAIG MERRICK, 40



Verrucomicrobia	0.3%
Actinobacteria	2.8%
Proteobacteria	2.9%
Bacteroidetes	39.9%
Firmicutes	54.0%

ADAM SMITH, 24



Verrucomicrobia	1.8%
Actinobacteria	1.9%
Proteobacteria	1.6%
Bacteroidetes	19.0%
Firmicutes	75.5%

VERRUCOMICROBIA ACTINOBACTERIA PROTEOBACTERIA BACTEROIDETES FIRMICUTES

Very small numbers of bacteria not included in results shown.

VERDICT Merrick wins: His gut has more bacterial variety than 91 percent of the men uBiome has tested despite his high stress. "Given that he's eating well and working out"—two ways to promote biodiversity—"it looks like his microbiome is helping him manage his stress," says George Weinstock, Ph.D., of the Jackson Laboratory for Genomic Medicine. Smith hit the 69th percentile. Still good, but his inflated Firmicutes may be causing discomfort.

under 200 calories.

I don't like the way people are looking at us.

I better be getting paid overtime for this.



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THE NEW RULES OF ONE-NIGHT STANDS

Women are seeking no-strings-attached sex more than ever before. Here, from her perspective, is how you can pull off the perfect 12-hour relationship. By Amy Grier

Casual hookups are the supersized fries of dating. They're not nourishing, they don't satisfy for long, they're not great for your heart, and they usually come with a small packet of regret. But oh boy, sometimes nothing else will hit the spot.

And these days, we're serving them up more often than you'd think, with researchers reporting that more women than ever before are seeking no-strings casual sex—or are at least open to the idea. In a 1989 study, not one woman said she'd agree to casual sex with an attractive man who propositioned her, even though seven out of 10 men would do so if the tables were turned. These days more women are on board. Last year, nearly half of women in a Match.com poll reported having had a one-night stand.

We women, it's clear, have transitioned. The trouble is, male courtship is stuck in the past. You no longer have to be a hunter. Be a gatherer. This isn't about winning a



heart. It's just about scoring. When we're in that mood, it's a headboard-rattling, sweat-soaked adventure that we agree to take with you.

In other words, we don't need you to be Hugh Grant in a romantic comedy, but we also don't like that disrespectful pickup-artist crap. There's a difference between being sleazy, which can be fun, and feeling sleazy, which can be depressing. A sweet spot exists between the two. Just follow my lead to find it.

The Connection

Theoretically, eyes can meet across almost any crowded room—a bar, a club, or even Chipotle as you're standing in line swiping your phone. What matters is that you see the situation clearly. It can take the form of anything from a shared appreciation of a wry moment to a knowingly whispered "Want to get out of here?" However it goes down, don't get scared and don't look away. Just be confident, courteous, and open to whatever happens next.

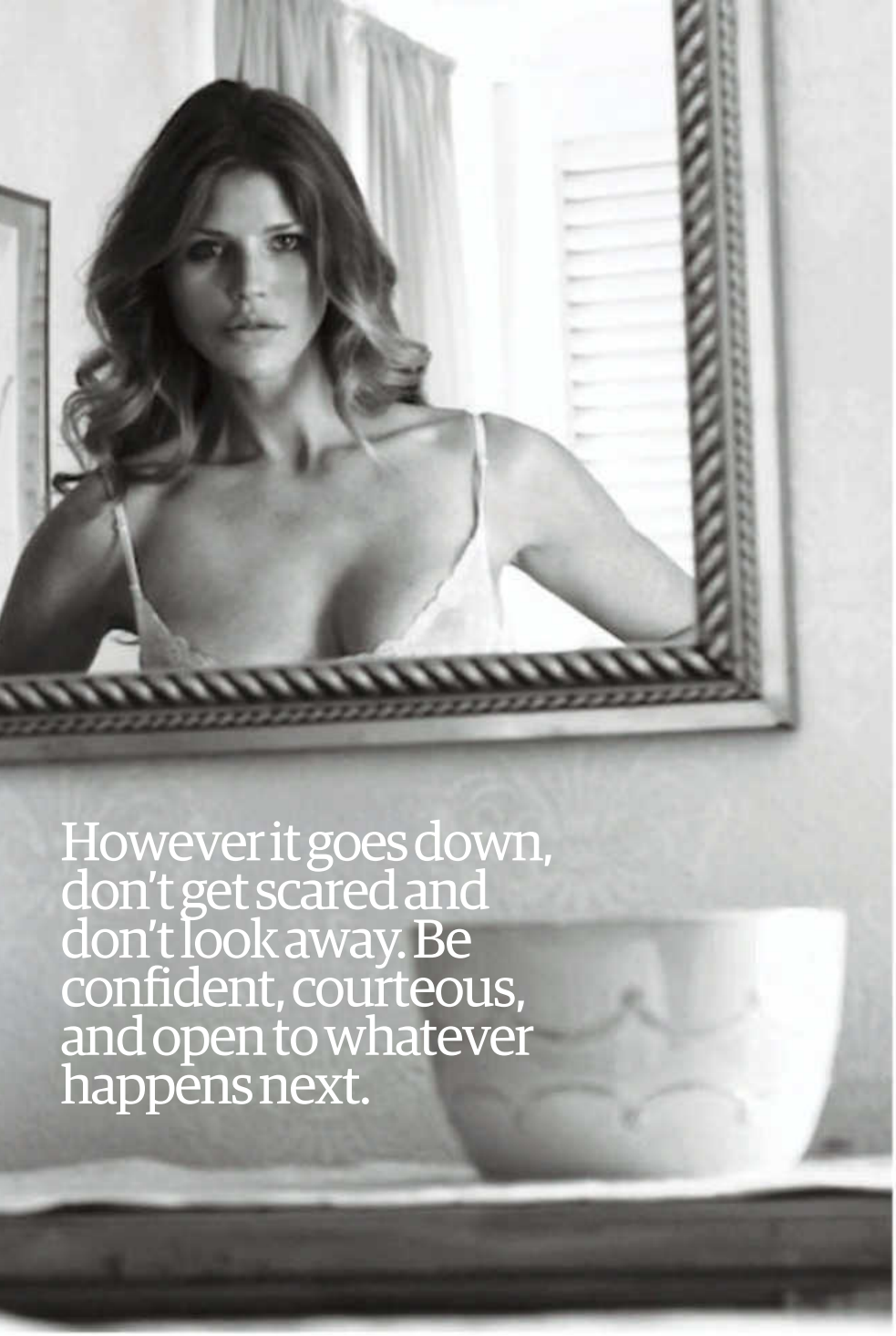
The rest of the preliminary rules are simple: First, if we've just met and I'm agreeing (or offering) to leave with you, I know what this is. Respect that we're on the same page—anything else plays into the fantasy that you're fooling me. Repeating something pathetic like "Just for tonight, right?" will only anger me. Besides, you should have already spelled out your intentions in less obvious ways. For instance, explain how you're really enjoying the dating game (but don't call it that), or say that you're not long out of something serious, or chat about that golf trip you have coming up with friends. I'll get it—if I don't fall asleep while you're saying it.

So stay snappy. This may not happen to you again. For you and me both, it's a case of innocent until proven guilty—a one-night thing unless it becomes something else. I won't expect anything more than for you to be normal—but hopefully above average in bed.

The Transition

Don't ever actually say the words "Do you want to come back to my place?" That'll just make you sound desperate. Instead, give me a good reason to go home with you that has nothing to do with sex. It could be that good bottle of

Carlos Nunez/picdesk.com (previous page); Robert Whitman/thelicensingproject.com (this spread); Amana Images Inc./Alamy (corgi)



However it goes down, don't get scared and don't look away. Be confident, courteous, and open to whatever happens next.

Pouilly-Fuissé (practice saying that) you've been chilling, or the rare vinyl copy of *What's Going On*. The excuse doesn't matter. Just keep it fun and interesting. Know this: Ninety-nine percent of us would rather brave your man cave than let a complete stranger into our oasis of tranquility. Our homes are intimate spaces. Putting up with the fact that you don't have face wipes and that your towel rack is your floor is a small price to pay for skipping the awkward chat about the photos on the bedroom wall. We're not with you for the decorator accents.

But once I'm in the Uber with you, give me a heads-up about where we're going—I'll probably want to safety-text a friend in case you turn out to be Dexter. Letting me know where you live is a way of saying, "I'm not a psycho!" without actually saying, you know, "I'm not a psycho!" And we promise the "friend" we're texting isn't five guys all named Tiny.

Finally, we can kiss and hold hands in the car, but let that be the end of it—for now. (I might need to visit the bathroom.) If you feel you have to crawl all over me in the backseat to make your intentions clear, you're wrong.

The Deed

Unlike in the movies, odds are slim that we'll arrive at your place half naked and do it on the welcome mat. Expect some awkwardness. Start with some upbeat, casual conversation while you put on some music. Ask me if I'd like a drink. Throw together a snack and make small

The Perfect Day of Texting

As that one-night stand transitions into date nights, communication is your top priority. Put these on your must-send list.

Can't stop thinking about last night.

She'll feel sexy knowing she made an impression, says Jennifer Theiss, Ph.D., an expert in interpersonal communication at Rutgers. Or this: "Just heard that song you love. Can't wait to see you tonight." This is called attunement, a way to **show you're in sync,** says Theiss.

Hope you killed it during your presentation, babe.

During the workday, texts with questions can create pressure, says Theiss. So to show your support or express your affection, **check in with a quick note that doesn't require a response.**



Spot a corgi—her favorite breed—during your lunch run? **Fire off a photo.** "A picture creates a stronger connection," Theiss says. It'll make her feel like you're experiencing the day together.

I was thinking Thai tonight. Pick you up at 7?

Bust her afternoon slump: **Make plans or send a sext.** One offers a jolt of excitement to get over that 3 p.m. hurdle, while the other subtly builds her anticipation for seeing you later that night.

Headed out now. See you in 20.

Let her know when you're clocking out. It creates a routine, says Theiss. When your schedule is predictable, it frees up mental space for spontaneous ideas.



talk to keep the mood light. Don't talk to me in the same tone of voice you use with your dog. Be witty! (But do not tell jokes if it sounds like you're telling jokes.) When the time is right, kiss me—and move into the bedroom—but make that move more of a waltz than a wrestle.

Once we're in there, three words of advice: Wrap it up. You don't know where I've been any more than I know where you've been, and waiting to be asked is as rude as not offering. Only a special brand of moron doesn't have the foresight to use protection nowadays. Carrying a condom or having one in your nightstand isn't presumptuous. It's sensible. And in this case, sensible is good. Sensible is sexy.

When it comes to the sex itself, you shouldn't need me to tell you what to do. Just keep it playful and fun, and err on the side of vanilla. If I want edge, I'll lead you to it. Christian Grey is fictional, and most women think he's a dick anyway. Try to focus on my orgasm—go slow and have some lube ready just in case. That said, here's a comforting thought balloon: There's only an 11 percent chance I'll orgasm the first time, so don't put too much pressure on yourself. Those odds will increase if you're sensitive, take it slow, and are open to giving oral. This may be a short story, but it should have a happy ending. And by the way, the ending is my ending—but if I seem to lose interest, don't overdrill. Go ahead and come, and hope for a better result in the morning.

The Minutes After

A little postsex spooning is fine, but avoid creepy displays of intimacy like caressing my face, whispering sweet nothings, and asking whether I'd like to go to your mom's for brunch. Instead, just chat. Lighten the mood. Offer me a shirt—one that's long enough to cover my butt so I can visit the bathroom without looking like a high-class hooker.

While I'm in there, pick my clothes off the floor (and ceiling fan), but don't fold them and leave them by the door. That communicates one of two things: "I want you out" or "I'm a weirdo who'll ask to wash and iron them next." Just drape them over a chair. I'm not looking for assurances, but I do want some respect. And privacy. If I do decide to stay over, give me space when it's time to go to sleep.

The Morning After

You might think my emotions run highest right after sex, but in the 12-hour window that defines the stringless hookup, the morning after is the real psychological minefield. Assuming you've made sure I'm satisfied, the immediate postcoital glow shelters me (and you) from serious emotional conflict. But by

Spooning is fine, but avoid creepy displays of intimacy like caressing my face, whispering sweet nothings, and inviting me to your mom's for brunch.

dawn that's long gone. If I'm slipping on my shoes at the end of the bed, don't beg me to stay. Offer me coffee, even insincerely, and let me go. Don't, whatever you do, suggest breakfast. I'll think you're clingy—or, worse, expecting me to fry eggs.

If I'm awake and still lying close to you, assume that I'm comfortable and may be interested in a second round. That said, suggest morning sex subtly—with gentle desire rather than pressure. (A hand around my stomach or a gentle stroke of my breast is good; an uninvited prod in the thigh is not.) Mention how great last night was, but do not say, "Damn, I got lucky!" Many women are also self-conscious about morning breath, so have mints or bottled water handy to help alleviate that anxiety.

But if you're not getting a response, drop it. I may have a hangover the size of Belarus, or stuff to do, or stuff to do in Belarus. Offer water, perhaps some Advil, and a cup of coffee in a sloganless mug. Oh, and a towel—a clean one.

When it's time to say goodbye, walk me to the door. If you haven't asked for my number yet, now's the time. But take this as an emphatic decree handed down by all womankind: "Thou shalt not ask a woman for her phone number if thou dost not intend to use it." You might think you're being polite, but if you're not going to call or if you're just going to send a that-was-fun-it-was-really-nice-to-meet-you-take-care text, taking my number is actually quite rude. In addition to being like a big bag of fries, a 12-hour relationship is like a board game. (Note: A woman is also allowed to mix her metaphors.) It's designed specifically for good times, and when you respect the rules, there's plenty of fun and merriment to be had. But as soon as someone starts taking himself too seriously, everyone wants to forfeit and go home.

Phone number or not, kiss me properly, say you had a fantastic time and, if that's really it, say nothing more. Your work is complete. Just put your hand on the small of my back and escort me out. In your old pickup life, the "hello" was the artful part. With stringless sex, the "goodbye" is everything. Your lovely parting gift should be a warm-all-over, non-radioactive glowlike thing.

Now go make your bed. ■



Robert Whitman/thelicensingproject.com (opposite), Masterfile (penguins)

The 20,000-Night Stand

Your hookup could wind up lasting a lifetime—provided you manage to avoid these three big relationship killers.

1 Year
Losing Freedom

It's natural to feel a bit trapped when you're paired up, and that can have consequences in the bedroom. "Couples tend to see their sex lives lose steam toward the end of their first year," says relationship and family therapist Paul Hokemeyer, Ph.D.

TRY THIS
Pick one thing you've been missing, like poker night, and reinstate it, suggests Terry Klee, M.S., a couples counselor. Your mate should do the same. Keep your phones on airplane mode while you're apart. Being unavailable can be sexy, Klee says.

5 Years
Drifting Apart

As career and family demands build, it's all too easy to leave her off your to-do list. Plus, testosterone starts to dip around age 30. "Men become terrified of losing their virility and start looking for validation outside the relationship," says Hokemeyer.

TRY THIS
If the passion is waning, say so, says Klee. Talking about it will bring you closer. Take the 36-question test (nytimes.com/36q) as an icebreaker; it's based on a study in which psychologists tried to draw strangers closer together.

10+ Years
Boredom

Long gone is the thrill of making it in the world, which can serve as a useful distraction, Hokemeyer says. But as your mutual goals begin to take a backseat, you need to figure out new ways to stay relevant as individuals and as a couple.

TRY THIS
Expand your mind, says Helen Fisher, Ph.D., the author of *Why We Love*. Take French lessons, say, or volunteer at an animal shelter. "Having new experiences outside the relationship increases production of dopamine, the feel-good hormone."

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Men at Risk



WHAT'S KILLING WHITE MIDDLE-AGED MEN?

Last summer a Princeton professor unearthed a shocking fact. While most American men are living longer, one group isn't. By Laurence Roy Stains

What if an epidemic had killed nearly 500,000 Americans in the past 15 years—an epidemic that rivaled the total deaths among people with HIV/AIDS in the United States? Wouldn't we see marches on Washington? Social media campaigns? Pending legislation? Feverish pharmaceutical research?

Guess what? Such an epidemic is happening now, but nobody seems to be outraged, mainly because the victims brought their demise upon themselves. Those fatalities came by way of suicide, drug overdoses, alcohol poisoning, and liver disease. And there's little chance of inspiring much public sympathy for that, or of finding a miracle cure.

ILLUSTRATIONS BY JAVIER JAÉN

The epidemic was essentially invisible until Angus Deaton, Ph.D., a Princeton University economist who recently won a Nobel Prize, unearthed it among reams of mortality statistics. He released his findings in December 2015. He found that since 1999, white people in America had been hitting a midlife wall. Something about the years bracketing age 50 was proving insurmountable—much more so than for same-age African Americans and Latinos. Whites were committing suicide in greater numbers, and by 2011 drug overdoses and alcohol poisonings surpassed lung cancer as a leading cause of death. (Alcohol-related deaths recently hit a 35-year high.) It appears that self-destruction has become an increasingly significant cause of death for white men, especially white men at midlife.

What has gone wrong for the middle-aged white male? A look behind the numbers reveals some clear-cut causes. The good news is that an early death sentence doesn't have to be your fate. For men approaching mile marker 50 (or 40 or 30), it's helpful to know where the road you're on leads and how to avoid these potholes.

Simply "Stunning"

Throughout the nation, more people are living to a ripe old age, at which time they get new dental work, buy a condo along a golf course, and star in TV ads for supplemental health insurance. They aren't dying at age 5 or 25 or 40; in fact, their risk of death around any of those milestones has steadily decreased. (Between 1935 and 2010, the overall risk of early death in the United States fell 60 percent.) This has been the overarching narrative in health care as antibiotics, healthier lifestyles, and better medicine have contributed to longer lives. And economists who spend their days poring over mortality stats assumed that this trend line would continue sloping downward.

Self-destruction is now the leading cause of death for white men ages 45 to 54.

Then Deaton came along. As he sliced the data into ever finer categories, he noticed that the happily declining mortality rates among middle-aged Americans were no longer declining. So he and his wife, fellow economist Anne Case, Ph.D., focused on the 45-to-54 age group. They found that among U.S. whites at midlife, mortality rates were *rising*—in contrast to Canada, the U.K., and Australia, as well as among same-age U.S. Latinos and African Americans, whose mortality continued to decline.

Deaton and Case then sorted 45- to 54-year-old white Americans by educational attainment: high school or less (37 percent of the group), some college (31 percent), and BA or better (32 percent). Now it gets ugly. The least educated whites were the hardest hit. In this subcategory, deaths rose by 134 per 100,000, a spike that Dartmouth economist Jon Skinner, Ph.D., called "stunning." That's not a word economists throw around very often. But these are the Americans who have lost the most in the past 15 years. As Skinner points out, even as the U.S. economy grew 16 percent from 1999 to 2013, the median income of households headed by a high school graduate fell 19 percent. Behind that one little statistic is a world of private hardship.

Consider, too, that mortality among middle-aged white people had been declining at a rate of 1.8 percent a year throughout the 1980s and 1990s. If that trend line had merely held firm, Deaton and Case estimate, 488,500 fewer people would have died between 1999 and 2013—with 54,000 fewer deaths in 2013 alone.

Unmet Aspirations

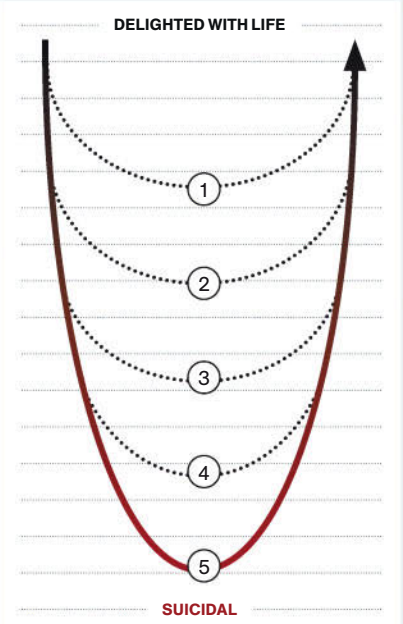
But why exactly is mortality rising at midlife? You can overdose on drugs at any age; you aren't necessarily 50 years old when the last factory in town closes and moves its jobs to China. What made the traditional midlife crisis, which used to be almost laughable with its trophy wife and red Miata, into something so lethal?

Hack Your Happiness

Life satisfaction is lowest at age 52. Here's how to deal.

Well-being over the course of a lifetime typically follows a U-shaped curve, but that trajectory isn't preordained. Thomas Joiner, Ph.D., a professor of psychology at Florida State University, says men can minimize the trough of midlife dissatisfaction and all its destructive effects. See if your curve is shallow or deep by gauging your warning signs; then take Joiner's advice for lifting yourself up.

—MARKHAM HEID



WARNING SIGN
You're Not Sleeping

1 **YOUR U-TURN** Getting just 15 minutes of morning sunlight lifts mood and calibrates your body clock so you sleep better later. Commit to walking the dog or having coffee on the deck.

WARNING SIGN
You've Withdrawn Socially

2 **YOUR U-TURN** "Men get lonelier during their 40s," says Joiner, the author of *Lonely at the Top: The High Cost of Men's Success*. With their career and family concerns, they tend to deprioritize time with friends. Meet up with pals twice a week—it's conducive to optimal health, research suggests.

WARNING SIGN
You're Escaping Reality More Often with Alcohol or Drugs

3 **YOUR U-TURN** Depression can be the root of substance abuse. One way to help overcome a slump is to get out and exercise. A University of Toronto study review from 2013 found that any consistent physical activity, including daily walking, can lower your risk of getting the blues.

WARNING SIGN
You're Feeling Bitter About Unrealized Aspirations

4 **YOUR U-TURN** Instead of beating yourself up about not making partner, let go of dead dreams and create new ones. "The process is similar to grieving," says Joiner. "Accept it for what it is. Learn from it. Then focus your energy on a new path."

WARNING SIGN
You've Talked About Suicide

5 **YOUR U-TURN** It's one thing to think about suicide but another to express the thought out loud. Three out of four men who kill themselves talked to someone about it first, Joiner says. If this sounds like you, call the National Suicide Prevention Lifeline at (800) 273-8255 or see your doctor. Then pick an outdoor activity you've long wanted to try and do it. It'll help.



Back in the 1990s, European labor economists began measuring worker happiness. By the 2000s, David Blanchflower, Ph.D., of Dartmouth University, and Andrew Oswald, D.Phil., of the U.K.'s University of Warwick, assembled data from the surveys of more than 500,000 Americans and Europeans and wrote a widely cited paper, "Is Well-Being U-Shaped over the Life Cycle?" (Their answer: definitely yes.) Plotted on a graph, all their data points form a U-shaped curve, with life satisfaction reaching its lowest point as people enter midlife. (See "Hack Your Happiness" in this article.) "This happens almost everywhere in the world," Blanchflower says. The trough hits at slightly different ages in different countries, but among American men, life satisfaction is generally at its lowest point around age 52.

Even though some people are sunnier than others, everyone goes through this dip. "It doesn't matter whether you're single or married or what your schooling, income, status, or location is," says Blanchflower. That said, some people are a whole lot unhappier than others, and that's when those variables come into play. "The unhappiest men are divorced, unemployed, and middle-aged, with low income and low job skills," he notes. "Deaton and Case identify the people who fit our data precisely."

Another economist, Hannes Schwandt, Ph.D., of the University of Zurich, believes that dissatisfaction at midlife boils down to two words: unmet aspirations. As it turns out, by midlife you're weighed down not just by all the terrible things that blindside you between 20 and 50 but also by your early dreams that never quite came true. "Young people think their life satisfaction will increase with age," he says. "They get it completely wrong. But over time you realize that things are not as rosy as you expected." So at midlife you're doubly troubled: "You're disappointed about the past, but you're also pessimistic about the future."

A World of Hurt—Literally

Combine the natural U shape of life's happiness curve with an economic recession that eroded savings and threw millions out of work, and you should begin to see a pattern developing. Those middle-aged white guys were suddenly in a world of hurt, and we're not just speaking metaphorically.

Pain is one of the top reasons people go to see a doctor. Deaton's research also uncovered the fact that a third of whites in the 45-to-54 age bracket suffer from chronic joint pain, and 25 percent report that their physical or mental health limits their activities.

"Depression, anxiety, and social isolation cause a great deal of emotional pain," says Paul Christo, M.D., of Johns Hopkins University, "and emotional pain worsens any type of physical pain. Neuroimaging studies show that when we anticipate pain, imagine pain, or empathize with someone else's pain, we activate the same brain regions that are involved with processing a physically painful event, like burning a finger."

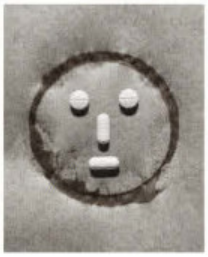
And pain that doesn't let up can have dire results. Martin Cheatle, Ph.D., director of the pain and chemical dependency research program at the University of Pennsylvania, conducted a study of 466 people who enrolled in his pain clinic. He found that 28 percent had been thinking about suicide.

Having a chronic pain condition is linked with a nearly twofold increase in the likelihood of attempting suicide. That's just one of the many cheerless statistics about this increasingly prevalent cause of death. Rutgers sociologist Julie Phillips, Ph.D., has documented this "notable increase" in midlife suicides since 1999. "It has been more pronounced among the less educated," she says. Overall, the male suicide rate is nearly four times that of women, and the rate among unmarried men is even higher.

Starting to get the picture? Now comes the clincher.

From Opioids to Heroin

"Think about it," says Sam Quinones, a former *Los Angeles Times* reporter. "What new thing in the late 1990s affected only white people, and white people everywhere? One thing: opioids. The massive prescribing of opioids."



Where to Get Help for Chronic Pain

Hint: Not your primary-care doc.

The Institute of Medicine identifies chronic pain as a "winnable battle" in public health.

So why are we losing it so decisively? "Unfortunately, the majority of patients with chronic pain, and there are at least 50 million of them, get their pain treatment from primary-care providers," says Martin Cheatle, Ph.D., of the University of Pennsylvania. "Veterinarians get more training in pain than physicians do."

Instead, ask your family doctor for a referral to one of the country's 2,000-plus board-certified pain specialists, or seek one out yourself at abpm.org. These physicians are trained in managing chronic pain, and the standard of care has evolved far beyond prescribing a single painkiller. There is now a wide range of drugs for treating various types of chronic pain, plus new thinking about exercise, nutrition, sleep therapy, and relaxation techniques such as yoga and meditation.

"Pain changes the brain," says Cheatle. "We need to reboot the brain." —L.R.S.

Quinones spent much of 2013 and 2014 traveling the country as he researched his book *Dreamland: The True Tale of America's Opiate Epidemic*. He talked to the parents of young men and women who'd died from heroin overdoses, and to addicts, former addicts, police detectives, and doctors. "In that whole time, I met only one guy who was nonwhite," he recalls. "It's an entirely white problem."

His book provides a bit of history that starts with the Harrison Narcotics Tax Act of 1914, which placed strict regulations on the use of opium, opioids (such as morphine and heroin), and any derivative. Because opioids are so addictive, for decades they were used primarily to treat severe, chronic pain in cancer patients. But around 1980, attitudes in the medical community began to ease, and the World Health Organization published recommendations that raised awareness about the importance of pain treatment. In 1984, a little pharmaceutical company, Purdue Frederick, released MS Contin, an extended-release morphine pill. It was developed for use in cancer and post-op patients. The timed-release feature, it was presumed, would make the drug less addictive.

By the late 1990s, the new medical thinking was that long-term treatment of chronic-pain patients with opioids could be done safely. Meanwhile, in 1996 Purdue Frederick released OxyContin under a subsidiary, Purdue Pharma. Doctors were telling patients it was "virtually nonaddicting." By the year 2000 it was a billion-dollar drug. Addicts quickly learned to crush the pills and snort, inject, or swallow them, consuming 12 hours' worth of oxycodone (the drug's generic name) at once. In rural areas like Appalachia, greedy doctors set up "pill mills" and indiscriminately handed out prescriptions. Grandmothers were being arrested for selling their stash for extra cash. The drug got a nickname: hillbilly heroin. Oxycodone prescriptions for the treatment of non-cancer-related pain rose almost tenfold between 1997 and 2010, as America gobbled up 80 percent of the world's supply by 2012.

And by 2009, deaths from drug overdoses surpassed car crash fatalities for the very first time in the United States.

People who couldn't obtain a Medicaid card to pay for Oxy were switching to heroin because the stuff coming up from Mexico was getting cheaper and better. A hit of heroin was costing about the same as a six-pack of beer. And that's how OxyContin, widely prescribed, became America's bridge to heroin addiction.

"These are enormously enslaving drugs," says Quinones. "Your whole life falls apart. You lose your family and your job. You're thrown out of your house and you're couch surfing." As your body's tolerance increases, you jack up your doses, you take it with "benzos" like Xanax—and hello, you could end up another Philip Seymour Hoffman.

So why wasn't this addiction scourge hitting the African American and Latino communities?

Tom Schierlitz/Trunk Archive



One possible explanation is that those populations have a tougher time obtaining opioid prescriptions. Another is that heroin hit their communities first, back in the 1970s. As a reporter working in East Los Angeles, Quinones noted a "cultural revulsion" against heroin, as people remembered that gang member in the family who turned into a junkie. "'That's such a scuzzy drug,' people told me," says Quinones. "Nobody wants to be a *tecato*, which is a Mexican word for junkie."

Seeing the Problem Firsthand

On a recent Friday, Elvis Rosado got into his 2002 Jeep at Prevention Point Philadelphia, where he's education coordinator for what started out as a syringe exchange program, and drove four hours to rural Tioga County at the top of the state. It's Norman Rockwell America: hardworking, hard-scrabble, and 97 percent white.

Rosado was carrying 20 blue bags labeled "Overdose Prevention Rescue Kit," and prescriptions for 120 more naloxone kits. Naloxone is a drug that blocks the action of heroin on the brain's receptor cells. "They have a serious heroin overdose problem in Tioga County," he says, "and no resources to combat it."

That evening he spoke to an audience of about 100 police, EMTs, nurses, and parents in a classroom at a local college; a hundred more were on a waiting list. He handed out the kits and prescriptions. A quick survey of the audience found that a third had witnessed at least one overdose death.

Lisa Appleby, 29, a former nurse working as a recovery specialist at a local counseling center, had invited Rosado to speak. "He came because people are dying," she says. "It's ripping apart our communities, and it's getting worse." Appleby knows, because she's a recovering heroin addict. She was prescribed OxyContin after the birth of her first child. ("Why? Good question.") When her doctor stopped prescribing it for her, she bought Oxy on the street (if you can say that in Tioga County) and then switched to heroin, which was cheaper. She started injecting and in a few months lost her job, home, marriage, and kids and landed in jail.

Having naloxone on hand can mean the difference between life and death. Rosado taught the audience how to recognize an OD and how to administer the antidote. "It saves addicts' lives until they're ready to save their own," Appleby says.

One such addict is Dave (not his real name). When I spoke with him, Dave said he'd taken his last dose of heroin. "I'm going to start a home detox tomorrow," he said. "It's time. I'm pretty stoked, actually." He explained that he had stocked up on nutritious food, filled his Netflix queue with comedies, and was as ready as anyone can be for a week of diarrhea, sleeplessness, and withdrawal pain so bad "it feels like someone is peeling the skin off your body."

> "These are enormously enslaving drugs. Your whole life falls apart. You lose your family, your job…"

Dave admits to doing all kinds of drugs back in the '70s and '80s, but he didn't take opioids until he was in his 40s. "I was addicted to OxyContin for a year and a half," he says. "I got it prescribed by a Mexican doctor, and it came via UPS to my house in Purdue Pharma bottles with Spanish labels." He quit but went back to it for a year as he approached 50. That time it drained his meager savings. Shortly afterward, his girlfriend of nine years left.

For the past several years Dave has been hooked on heroin, except for the year when he bought suboxone on the street. Suboxone is a methadone-like drug that attaches to the same receptors in the brain as opioids but without the high. He got along on that for $10 a week until he couldn't get it anymore. So four months ago he went back to his $50-a-day heroin habit.

He's 56 years old. Either he is oddly upbeat or he talks a very good game.

"I have a lot to live for," he says. "I feel like I've gone through so much shit that I don't deserve it anymore. I could get really pessimistic right now and say, 'I'm an archetypal white male without a lot of skills on paper. I'm fucked.' But I don't feel that way. I feel like, if you disregard all that and forge ahead, then you're going to do something. You're going to win."

Was he this optimistic five or 10 years ago?

"No, no, no. No."

Okay, Dave. Maybe you're on the right side of the curve. Maybe you really will stop chasing the dragon. We wish you the best of luck.

You'll need it. ■



By Andrew Heffernan, C.S.C.S.

Photographs by Peter Bohler

Page 90



GET CROSSFIT STRONG

Three CrossFit champs share their favorite workouts for losing fat, building muscle, and getting ripped – in no time. Are you ready for Beast Mode?

CROSSFIT IS LIKE PROFESSIONAL SOCCER: You either love it or hate it. Detractors say it's risky, dangerous, and overly focused on extreme moves that do nothing to build long-term fitness. Devotees laud the community spirit, and then lift their shirts to show off their results.

What's undeniable is that CrossFit's ethic of "constantly varied, high-intensity, functional movement" is motivating more people to get fit. It's now the go-to training program for average Joes seeking strength, stamina, and athleticism. CrossFit gyms (called "boxes") are popping up all over, and it's spawned an increasingly popular sport, too, with 200,000 athletes competing in the CrossFit Games Open, a qualifier for the CrossFit Games, which is televised on ESPN.

On the following pages, you'll meet these three top CrossFit competitors and learn the workouts of the day (WODs) that got them into the best shape of their lives. Use their strategies to get fit fast and stay lean for life. No box necessary.



"CrossFit forges a 'never die' attitude. You're not invincible, but you're prepared for anything."

JON PERA

Build Strength and Stamina

No one messes with Deputy Sheriff Jon Pera when he's doing rounds at the Men's Central Jail in downtown L.A. Pera's physique commands respect, and the fact that he's a four-time qualifier for the CrossFit Games doesn't hurt either. He can deadlift 500 pounds and squat 475. "The inmates recognize me from ESPN now," says Pera. "They ask me for workout advice." Pera's CrossFit journey began in 2009, when a fellow deputy introduced him to the concept of mixing movements from different disciplines, including gymnastics, Olympic weightlifting, and track and field. Fitting in these workouts is tough, given his full-time job and three kids. "Everything is scheduled to the minute," he says. "I do a morning and an evening session. My goal is to win it all," he says. "But there's a lot that's out of your control." Part of the challenge, he explains, is that in the Games events are a mystery until shortly before the competition. "You have to prepare for anything."



Pera juggles a full-time job, a family, and two workouts a day.

AGE	WEIGHT	HEIGHT
32	202	5'10"

BEST FIGHT-GONE-BAD SCORE 463

Pera's CrossFit Workout: Fight Gone Bad

Designed to mimic an MMA contest, Fight Gone Bad is a frantic 17-minute gut check.

DO IT

Begin at any station and do as many reps as possible in 1 minute. Keep at it until you've done 1 minute per station. That's 1 circuit. Do 3 circuits, resting 1 minute between them.

- Rowing machine
- Wall ball shot
- Sumo deadlift to high pull
- Box jump
- Push press

SCORE

You get 1 point per rep; 1 point per calorie on the rower. Goal: 250.

Rowing Machine



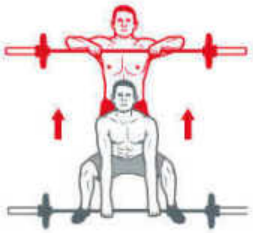
Sit on the seat of a rowing machine, place your feet in the footholds, and hold the handle with an overhand grip. Keeping your lower back flat, extend your arms and slide forward. Then push through your feet, drive your hips back, and pull the handle toward your belly button. Your mantra: Legs, then hips, then arms.

Wall Ball Shot



Stand facing a wall that's 5 to 10 feet away. Hold a 20-pound medicine ball at shoulder height. Keeping your back straight and torso as upright as possible, squat. (Try to lower yourself until your hips are below your knees). Explode out of the squat and throw the ball upward so it strikes the wall (ideally at a 10-foot-high marker). Catch and repeat.

Sumo Deadlift to High Pull



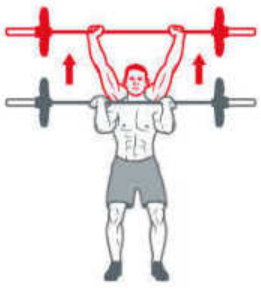
Stand behind a 75-pound barbell. Squat and grab it using an overhand, shoulder-width grip; then stand explosively, pulling the bar to shoulder height. Return it to the floor and repeat.

Box Jump



Assume an athletic stance behind a 20-inch-high box. Squat and jump onto it. Stand up. Step down; repeat.

Push Press



Grab a 75-pound barbell using a shoulder-width grip and lift it to shoulder height. Bend your legs; explode up, pushing the bar overhead. Lower it back to shoulder height and repeat.

BEGINNER

1. Form trumps everything. Focus on it, not your total score.
2. Don't burn out: Choose a goal number of reps for each move and try to hit that every round.
3. When you hit your target, move on to the next station, even if you have time left.
4. On the wall ball shots, catch, hold, and release the ball above your shoulders to save energy.

ADVANCED

1. Play to your strengths, says Ben Bergeron, owner of CrossFit New England. "Start with your strongest move and push hard for the full minute."
2. Conserve energy on the first two rows; they require the most effort per point.
3. On wall balls, catch the ball as you're descending.
4. Make sure your legs do most of the work on the push press.

Styling: Calvy Click, location: Trojan CrossFit and Downtown L.A. Weightlifting; inset courtesy CrossFit, Inc.; illustrations by TODD DETWILER

JULIAN ALCARAZ

Sculpt Your Back and Core

Humbled: That's how Julian Alcaraz felt during his CrossFit baptism. Alcaraz was teaching military-style fitness boot camps in Los Angeles when he watched the 2011 CrossFit Games live and was inspired by the athletes who swam in the ocean, walked on their hands, and swung across monkey bars. Becca Voigt placed third, and Alcaraz sought out her gym. His first WOD involved overhead squats. "Even though I was strong, I didn't have the mobility to do the exercise," he says. But the lesson he gleaned is how CrossFit can establish a foundation for functional movement. He worked out daily and in just three years qualified for the 2015 Games. Now he coaches at CrossFit Training Yard in North Hollywood, California. He's inspired every day by the progress he witnesses in his students. One of his favorites is a grandmother in her 60s. She taught him the importance of being patient in the process. "All it takes is a willingness to learn and a desire to be stronger," he says.



▲ Alcaraz thought he was tough. Then came CrossFit.

AGE	WEIGHT	HEIGHT
26	197	5'10"

BEST FRAN TIME (MIN:SEC) 2:24

Alcaraz's CrossFit Workout: Fran

Three back-to-back sets of thrusters (squat to presses) and pullups. "It's a killer metabolic workout that's also the cardio equivalent of a max-effort, half-mile run," says Douglas Chapman, a coach certified in weightlifting and CrossFit. "It's the worst of both worlds."

DO IT

Alternate between thrusters and pullups for 3 sets, minimal rest.

- Set 1: 21 reps
- Set 2: 15 reps
- Set 3: 9 reps

SCORE

Time to completion: Under 5 minutes is considered strong.

• Thruster



Using an overhand, shoulder-width grip, grab a 95-pound barbell from a rack at shoulder height. Keep your elbows up and do a squat. Explode up and press the bar overhead. Lower the bar to shoulder height and repeat.

• Pullup



Stand under a pullup bar, jump up, and grab the bar using an overhand grip that's just beyond shoulder width. Pull up until your chin clears the bar. Then lower yourself until your arms are fully extended. Repeat.

BEGINNER

1. Use a PVC pipe instead of an Olympic bar for the thrusters your first few times; then gradually add weight as you develop strength.
2. While performing thrusters, elevate your heels on 5-pound plates to make the squat easier.
3. Practice the two parts of the thruster—the front squat and the push press—separately until you're comfortable with each phase.
4. Increase your pullup power by securing a thick workout band to the bar and putting a knee through the loop.
5. Can't pull off all the pullups? Do inverted rows instead so you can build up your back strength.

ADVANCED

1. For thrusters, don't just lower the bar after you've pressed it, Alcaraz says. "Pull it down actively to increase your speed."
2. Perform the second set of the two moves in segments—say, 3 sets of 5—gulping air deeply between mini-sets. If possible, don't drop the bar during these brief rest periods.
3. For thrusters, push your head forward—through the "window" formed by your arms and the bar—once the bar is overhead for maximal efficiency on the lift.
4. "Kip" on the pullups—i.e., swing your body forward and back, using momentum to propel yourself.

4 Tips for the CrossFit Rookie

- **Find a box that prioritizes you** "If the coach tells you to attend a group class before he knows you, your history, and your goals, stay away," says Douglas Chapman of CrossFit Ann Arbor.
- **Think low trajectory** "Form and frequency always come before intensity," says coach Ben Bergeron. Attend class three days a week for at least five weeks before even thinking about adding weight.
- **Scale down the WOD** Don't be too proud to do an easier version of an exercise in your WOD. That's how you improve. If you're not sure a move is right for you, use this rule: If it causes dull pain in your muscles, go. Sharp pain in your joints? Skip.
- **Boost your mobility hygiene** Practicing mobility should be like brushing your teeth, says Kelly Starrett, D.P.T. "Do it daily." His 10-minute drills are available at Mobility WOD on YouTube.

Courtesy CrossFit, Inc.



"CrossFit may look intimidating, but it's simply about improving day to day and becoming more efficient."



"Find what it takes to get there; then don't stray. There's no magic pill, just a whole lot of hard work."

Forge Speed and Power

He's known as Danny Broflex. His résumé reads, "Go so hard!" His skills are "Being strong and having a hairless body." This popular YouTube personality—a 2016 reincarnation of Hans and Franz, but with real muscles—captures the true spirit of CrossFit. Danny's real name is Dan Bailey, a former Ohio University track star who's been a trainer with the U.S. Department of Defense and is an ambassador for supplement company Progenex. Bailey built a career from his success at the Games, and his achievements in and out of competition loom large. He can clean-and-jerk 340 pounds and run 400 meters in under 50 seconds. He has finished in the top 10 in all five of his CrossFit Games appearances. But Bailey has goals beyond his biceps. Last summer he gave $20,000 to fund the construction of a school in Kenya. It was a major investment for Bailey, whose fourth-place Games finish last year netted him $38,000. "I want to have a positive global impact," he says.



Bailey's bulk doesn't keep him from clocking sub-50 in the 400.

AGE	WEIGHT	HEIGHT
31	180	5'7"

BEST HELEN TIME (MIN:SEC) 7:10

Bailey's CrossFit Workout: Helen

Helen looks harmless. The run distance is a warmup for serious runners, and the swings and pullups are doable for gym rats. Don't be fooled: It's a vicious speed-stamina test that will floor you.

DO IT

Complete this circuit 3 times.

- 400-meter run
- 21 kettlebell swings
- 12 pullups

SCORE

Time to completion. Aim for 10 minutes.

400-Meter Run



Run around a track once or on a treadmill for ¼ mile. Remember: To complete Helen, you'll be doing three laps total, so pace yourself. For most men that's the pace they can maintain for a 3K run, says track coach Adam St. Pierre of astpcoaching.com. Don't flail: Drive your elbows straight back from your shoulder, and don't let them come too far forward.

Kettlebell Swing



Using an overhand grip, grab a 24 kg kettlebell with both hands and stand with your feet wide, toes pointed slightly out. Keeping your back and arms straight, bend at the hips and swing the bell back between your legs. Then push your hips explosively forward, swinging the bell up to shoulder level (or overhead if you're competing) as you rise to standing. That's 1 rep.

Pullup



Stand under a pullup bar, jump up, and grab it using an overhand grip that's slightly beyond shoulder width. Pull yourself up until your chin clears the bar. Lower yourself until your arms are fully extended. Repeat. If you're having trouble finishing the set, you can improve by doing negative chinups three times a week: Jump to the top position and lower your body back down slowly. Try to finish 3 sets of 12 reps.

BEGINNER

1. Your first mission with Helen, says coach Bergeron, is to complete it without resting. That means finding a challenging pace on the runs that still allows you to complete the lifts without a break between sets.
2. Improve your time in the 400 meters by sprinting shorter distances. "Do a few workouts where you perform 100s, 200s, and 300s, taking a full rest between efforts," says Bailey.
3. If the kettlebell swings are slowing you down or forcing you to rest, then reduce the weight.
4. If 3 sets of 12 pullups feels too tough, do band-assisted pullups or inverted rows.

ADVANCED

1. Tune up your aerobic engine with a few sessions of "overdistance" runs: 600, 800, and 1,000 meters, resting long enough to catch your breath between them. Better fitness speeds your recovery between rounds, says Bergeron.
2. Improve your time in the 400 meters by sprinting shorter distances; 2 or 3 sessions of seven 200-meter sprints with 1 minute of rest will do the trick.
3. Each rep of the kettlebell swing ends with elbows locked out directly overhead, but you can swing faster by letting your arms bend slightly at the top of each rep. "You'll shorten the distance the kettlebell travels," says Bergeron.

Inset courtesy Reebok

The Fit Man's Guide to

FAST FOOD

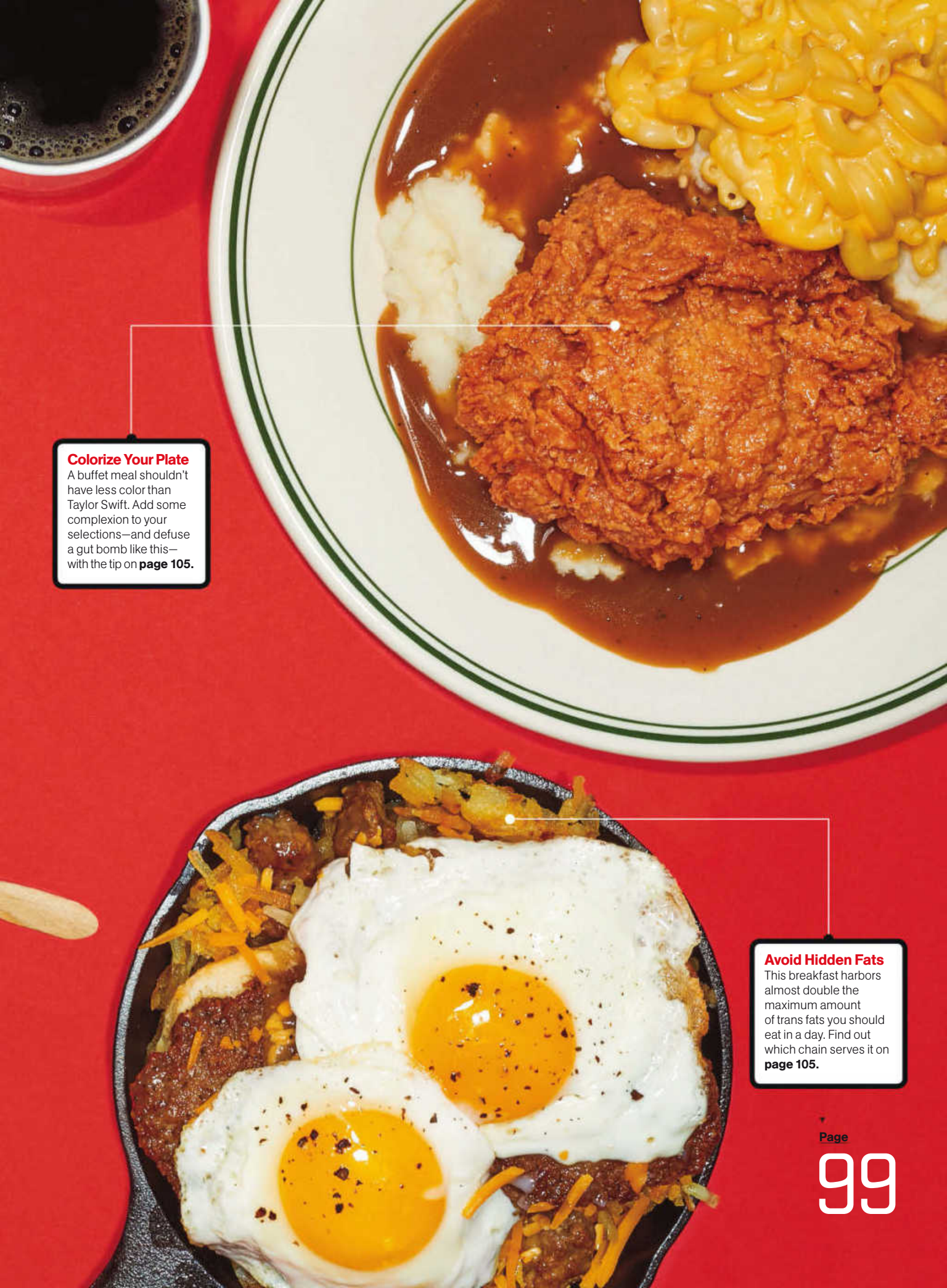
Yes, you can dine out without blowing up your waistline. Step 1: Understand how restaurants trick you into choosing high-calorie, high-profit junk. Step 2: Order smarter.

By Paul Kita and Michelle Malia

Photograph by Davide Luciano



Beat Burger Bloat
A few extra toppings can take a burger from satisfying to stultifying. Ward off the calorie overload shown here by making the smart swap on **page 101.**

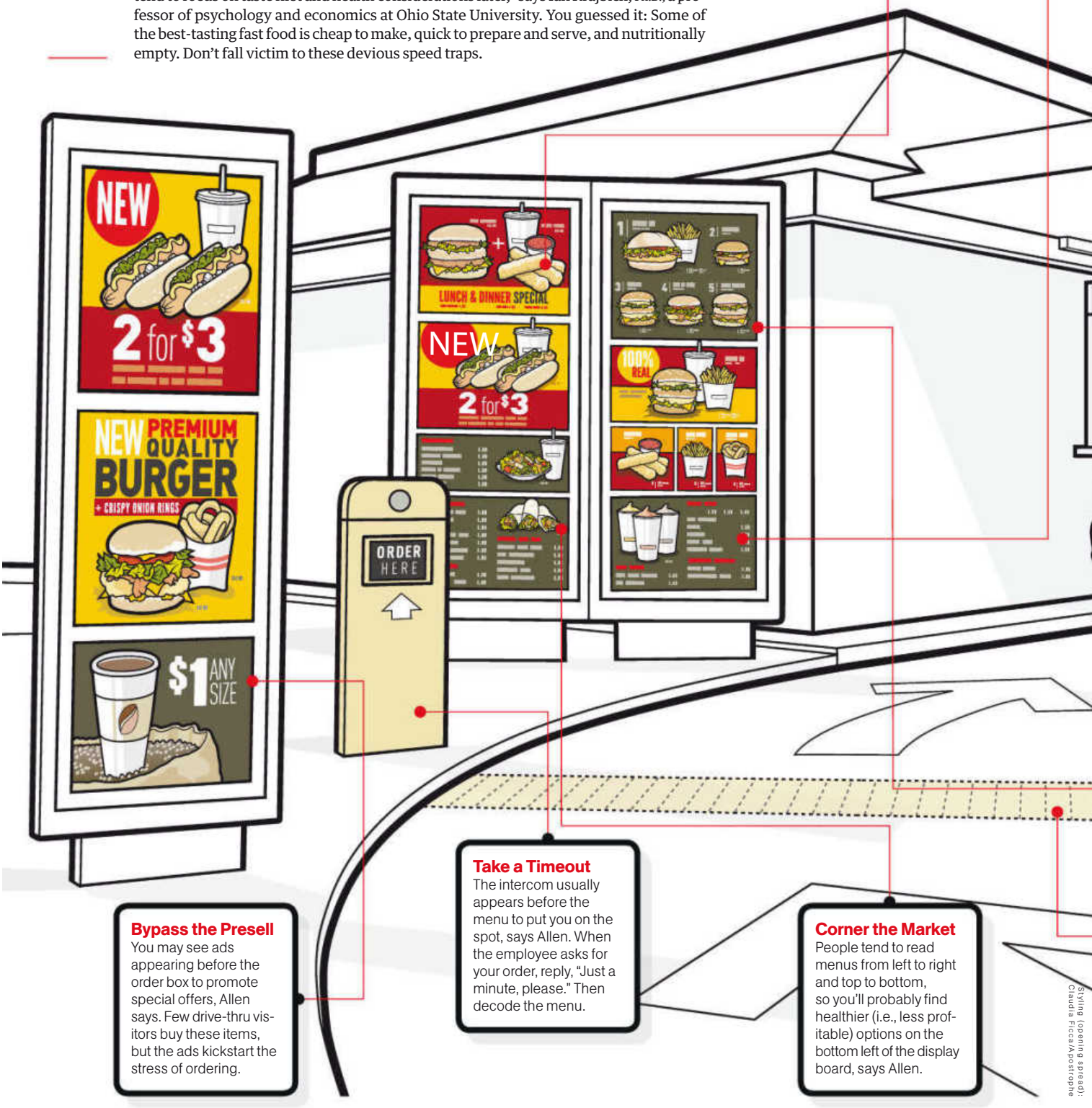


Colorize Your Plate
A buffet meal shouldn't have less color than Taylor Swift. Add some complexion to your selections—and defuse a gut bomb like this—with the tip on **page 105.**

Avoid Hidden Fats
This breakfast harbors almost double the maximum amount of trans fats you should eat in a day. Find out which chain serves it on **page 105.**

Outsmart the Drive-Thru

You spend just four minutes or so in the drive-thru queue, on average—and most of that time you're waiting for your order, according to a 2015 report in *QSR* magazine. This isn't because fast-food chains are concerned about your time: They do this intentionally to fatten their bottom line (and as a result, your waistline). "When people are rushed, they tend to focus on taste first and health considerations later," says Ian Krajbich, Ph.D., a professor of psychology and economics at Ohio State University. You guessed it: Some of the best-tasting fast food is cheap to make, quick to prepare and serve, and nutritionally empty. Don't fall victim to these devious speed traps.



Ignore the Photos
Restaurants deploy images to tout their lucrative items. "Highly processed foods spoil more slowly, so the profit margin is higher," says Aaron Allen, a restaurant consultant.

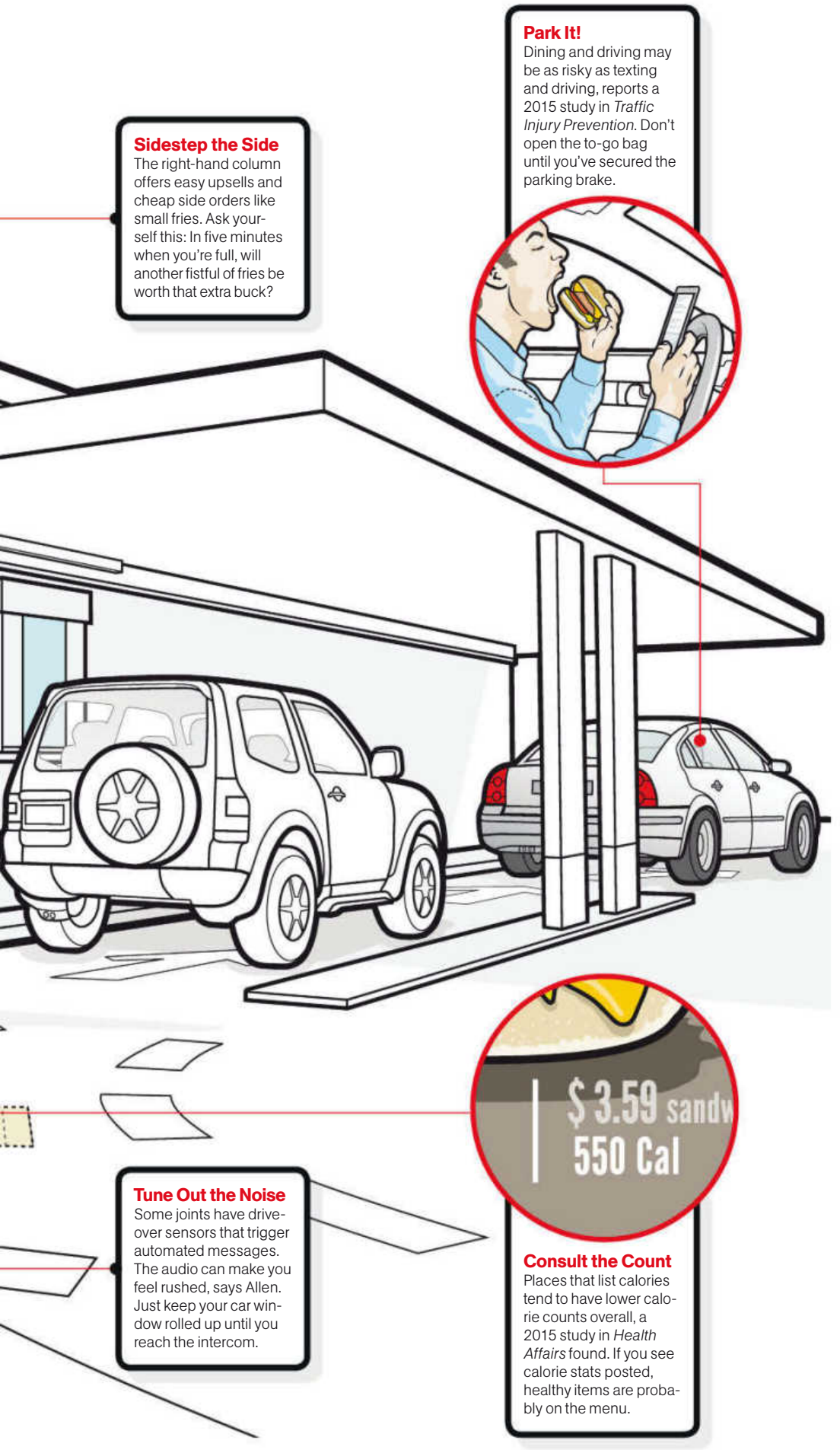
Bypass the Presell
You may see ads appearing before the order box to promote special offers, Allen says. Few drive-thru visitors buy these items, but the ads kickstart the stress of ordering.

Take a Timeout
The intercom usually appears before the menu to put you on the spot, says Allen. When the employee asks for your order, reply, "Just a minute, please." Then decode the menu.

Corner the Market
People tend to read menus from left to right and top to bottom, so you'll probably find healthier (i.e., less profitable) options on the bottom left of the display board, says Allen.

Styling (opening spread): Claudia Ficca/Apostrophe

ILLUSTRATIONS BY +ISM



Park It!
Dining and driving may be as risky as texting and driving, reports a 2015 study in *Traffic Injury Prevention*. Don't open the to-go bag until you've secured the parking brake.

Sidestep the Side
The right-hand column offers easy upsells and cheap side orders like small fries. Ask yourself this: In five minutes when you're full, will another fistful of fries be worth that extra buck?

Tune Out the Noise
Some joints have drive-over sensors that trigger automated messages. The audio can make you feel rushed, says Allen. Just keep your car window rolled up until you reach the intercom.

Consult the Count
Places that list calories tend to have lower calorie counts overall, a 2015 study in *Health Affairs* found. If you see calorie stats posted, healthy items are probably on the menu.

The Best (and Worst) of the New Fast Food

As McDonald's profits stumble, "fast casual" spots are gaining ground. Sales at this type of restaurant grew three times as quickly as the rest of the industry's in 2014, according to data from the research firm Technomic. They're generally healthier, but you can still go wrong—unless you follow these guidelines.

- **Panera Bread**
 If you can avoid the baked goods, you're golden. Go with the Power Almond Quinoa Oatmeal and net 9 grams of fiber for 290 calories. Its carrot cake has walnuts, but 62 grams of sugar—more than a 16-ounce Coke has.

- **Lyfe Kitchen**
 The blueberry pancakes (made with quinoa) are puffed with and covered in 47 grams of sugar. Pick the spinach and avocado frittata instead. It has 27 grams of protein and only 6 grams of sugar—plus healthy fats.

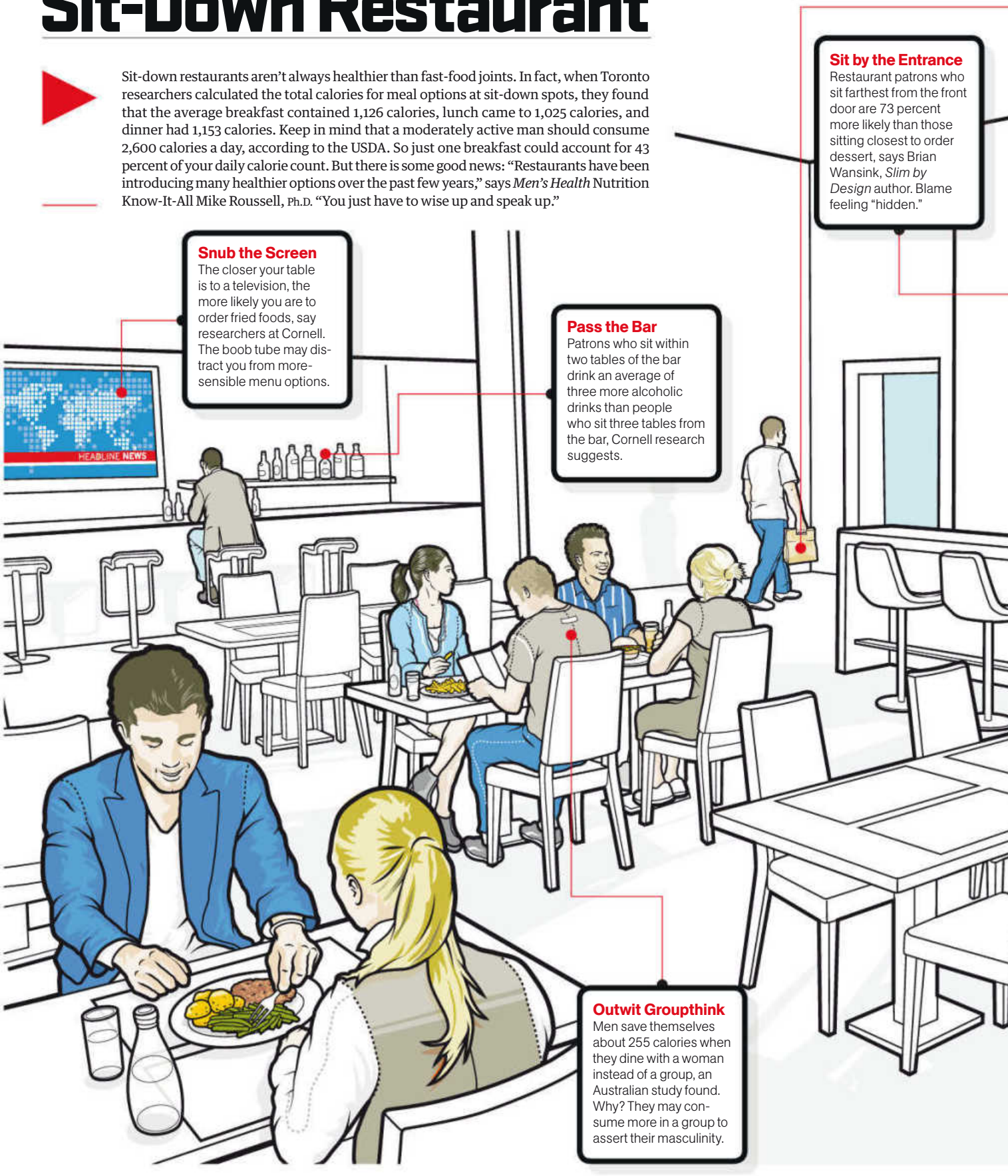
- **Shake Shack**
 This chain's SmokeShack double hamburger dumps on bacon, cheese, cherry peppers, and ShackSauce for 910 calories and 49 grams of protein. The regular double burger, with 46 grams of protein, saves you 340 calories.

- **Chipotle**
 Simplify. Salad with steak, black beans, fresh tomato salsa, red chili salsa, cheese, and guac has 700 calories and 47 grams protein. Sugar hides in the vinaigrette (12 grams), sofritas (5 grams), and corn salsa (4 grams).

- **ShopHouse**
 The longer it takes to say your order, the more calories it may contain. Brown rice with grilled steak, green beans, peanut sauce, and crushed peanuts has 730 calories. Longer orders may cost you upwards of 1,100.

Survive the Sit-Down Restaurant

Sit-down restaurants aren't always healthier than fast-food joints. In fact, when Toronto researchers calculated the total calories for meal options at sit-down spots, they found that the average breakfast contained 1,126 calories, lunch came to 1,025 calories, and dinner had 1,153 calories. Keep in mind that a moderately active man should consume 2,600 calories a day, according to the USDA. So just one breakfast could account for 43 percent of your daily calorie count. But there is some good news: "Restaurants have been introducing many healthier options over the past few years," says *Men's Health* Nutrition Know-It-All Mike Roussell, Ph.D. "You just have to wise up and speak up."

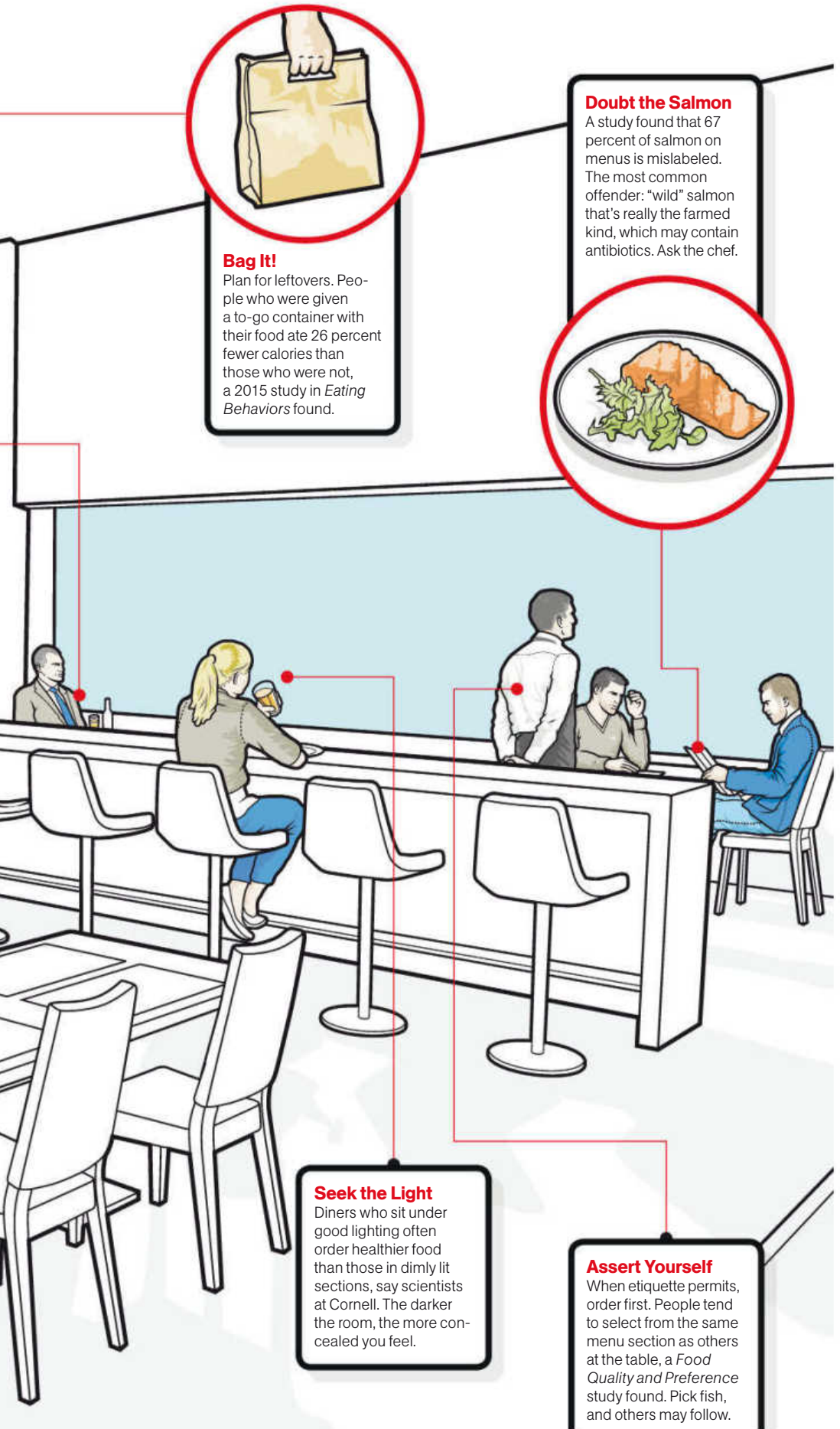


Sit by the Entrance
Restaurant patrons who sit farthest from the front door are 73 percent more likely than those sitting closest to order dessert, says Brian Wansink, *Slim by Design* author. Blame feeling "hidden."

Snub the Screen
The closer your table is to a television, the more likely you are to order fried foods, say researchers at Cornell. The boob tube may distract you from more-sensible menu options.

Pass the Bar
Patrons who sit within two tables of the bar drink an average of three more alcoholic drinks than people who sit three tables from the bar, Cornell research suggests.

Outwit Groupthink
Men save themselves about 255 calories when they dine with a woman instead of a group, an Australian study found. Why? They may consume more in a group to assert their masculinity.



Bag It!
Plan for leftovers. People who were given a to-go container with their food ate 26 percent fewer calories than those who were not, a 2015 study in *Eating Behaviors* found.

Doubt the Salmon
A study found that 67 percent of salmon on menus is mislabeled. The most common offender: "wild" salmon that's really the farmed kind, which may contain antibiotics. Ask the chef.

Seek the Light
Diners who sit under good lighting often order healthier food than those in dimly lit sections, say scientists at Cornell. The darker the room, the more concealed you feel.

Assert Yourself
When etiquette permits, order first. People tend to select from the same menu section as others at the table, a *Food Quality and Preference* study found. Pick fish, and others may follow.

The Worst Options at the Takeout Titans

In a recent study, researchers gave people three menus. The first menu didn't list nutrition info, the second did, and the third had nutrition info and the exercise required to nix the calories. Diners with exercise menus ordered 139 fewer calories and ate 97 fewer of them. Here's how you'd have to work off your worst decisions.

McDonald's
Big Breakfast with hotcakes and a large biscuit
1,150 calories
▼
Walking (avg. pace)
4 hours, 2 minutes

Subway
6" Chicken & Bacon Ranch Melt with cheese
610 calories
▼
Doing yard work
1 hour, 53 minutes

Starbucks
Venti 20 oz White Chocolate Mocha with whole milk, whipped cream
620 calories
▼
Hiking cross-country
1 hour, 16 minutes

Burger King
BK Ultimate Breakfast Platter
1,130 calories
▼
Golfing (no cart, no caddy)
3 hours, 14 minutes

Wendy's
Dave's Hot 'N Juicy Triple Cheeseburger
1,070 calories
▼
Swimming laps (freestyle)
2 hours, 16 minutes

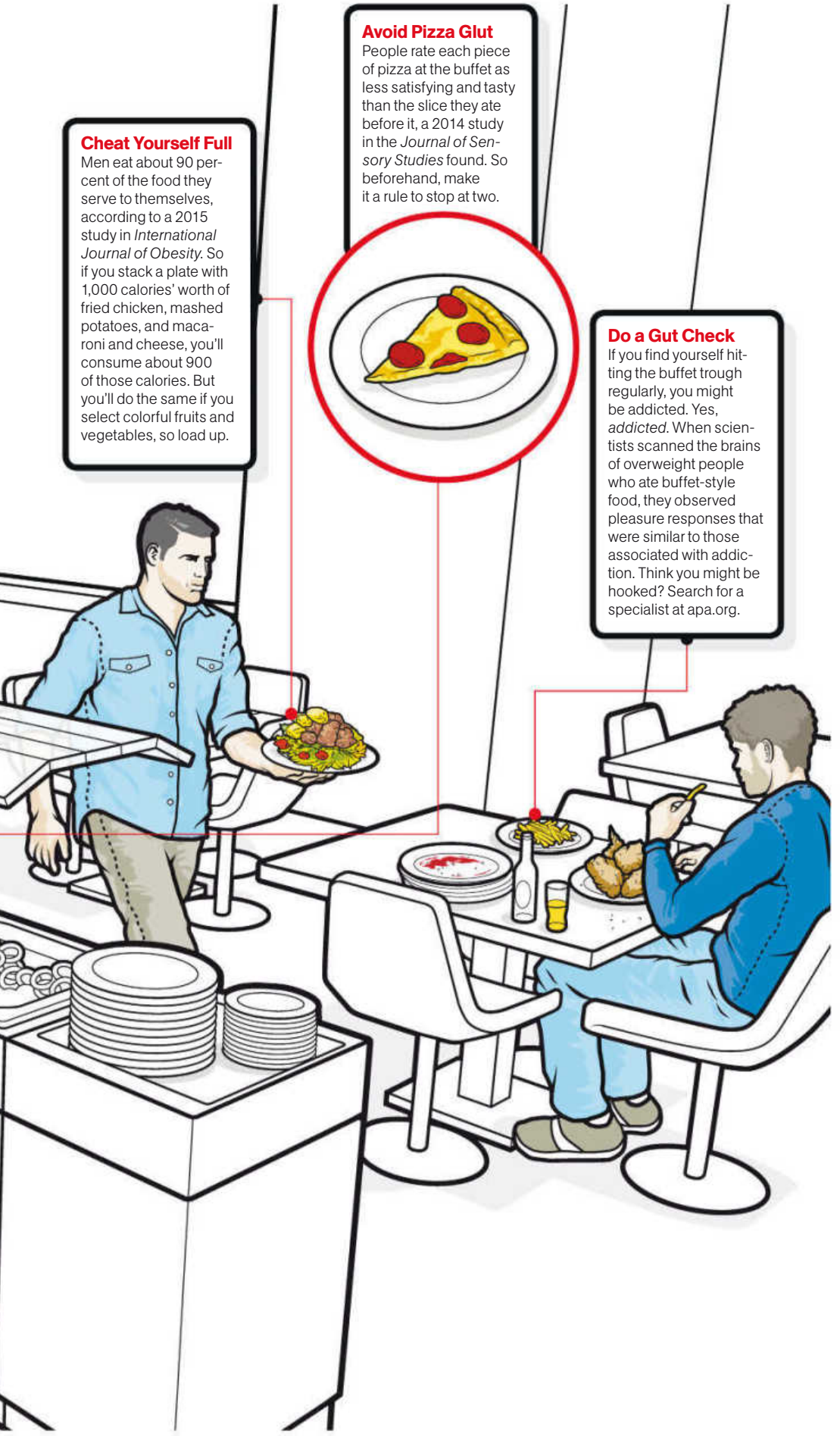
Prevent a Pig-Out at the Buffet

No restaurant scenario serves up more potential pitfalls than the modern mess hall, a.k.a. the buffet. Refined-carbohydrate booby traps abound. Fruits and vegetables, your usual allies, are outnumbered by your worst nutritional enemies. Research shows a direct correlation: The more often men dine out, the fatter they grow. And it's not just the gut that takes the punches. Frequent diners have lower levels of HDL (good) cholesterol and fewer key nutrients (notably vitamins C and E) coursing through their bloodstream, according to a 2015 study in *International Journal of Obesity*. So you need to take precautions: If you find yourself at a buffet, follow these orders.



Delay the Bread
In one small study, overweight people with diabetes who ate vegetables and protein before eating carbohydrates had 37 percent lower blood sugar an hour later than if they'd started with carbs.

Rework the Line
More than 75 percent of buffet patrons select the first food they see, according to a *PLOS One* study. And the first three foods they pick make up two-thirds of their total meal. So flip your order. Start with the fruit portion of the breakfast buffet, or sneak around to the salad bar if you're grabbing lunch or dinner. Bonus: You'll avoid standing in long lines.



Cheat Yourself Full

Men eat about 90 percent of the food they serve to themselves, according to a 2015 study in *International Journal of Obesity.* So if you stack a plate with 1,000 calories' worth of fried chicken, mashed potatoes, and macaroni and cheese, you'll consume about 900 of those calories. But you'll do the same if you select colorful fruits and vegetables, so load up.

Avoid Pizza Glut

People rate each piece of pizza at the buffet as less satisfying and tasty than the slice they ate before it, a 2014 study in the *Journal of Sensory Studies* found. So beforehand, make it a rule to stop at two.

Do a Gut Check

If you find yourself hitting the buffet trough regularly, you might be addicted. Yes, *addicted.* When scientists scanned the brains of overweight people who ate buffet-style food, they observed pleasure responses that were similar to those associated with addiction. Think you might be hooked? Search for a specialist at apa.org.

The Deadly Fat Still Lurking in Restaurant Food

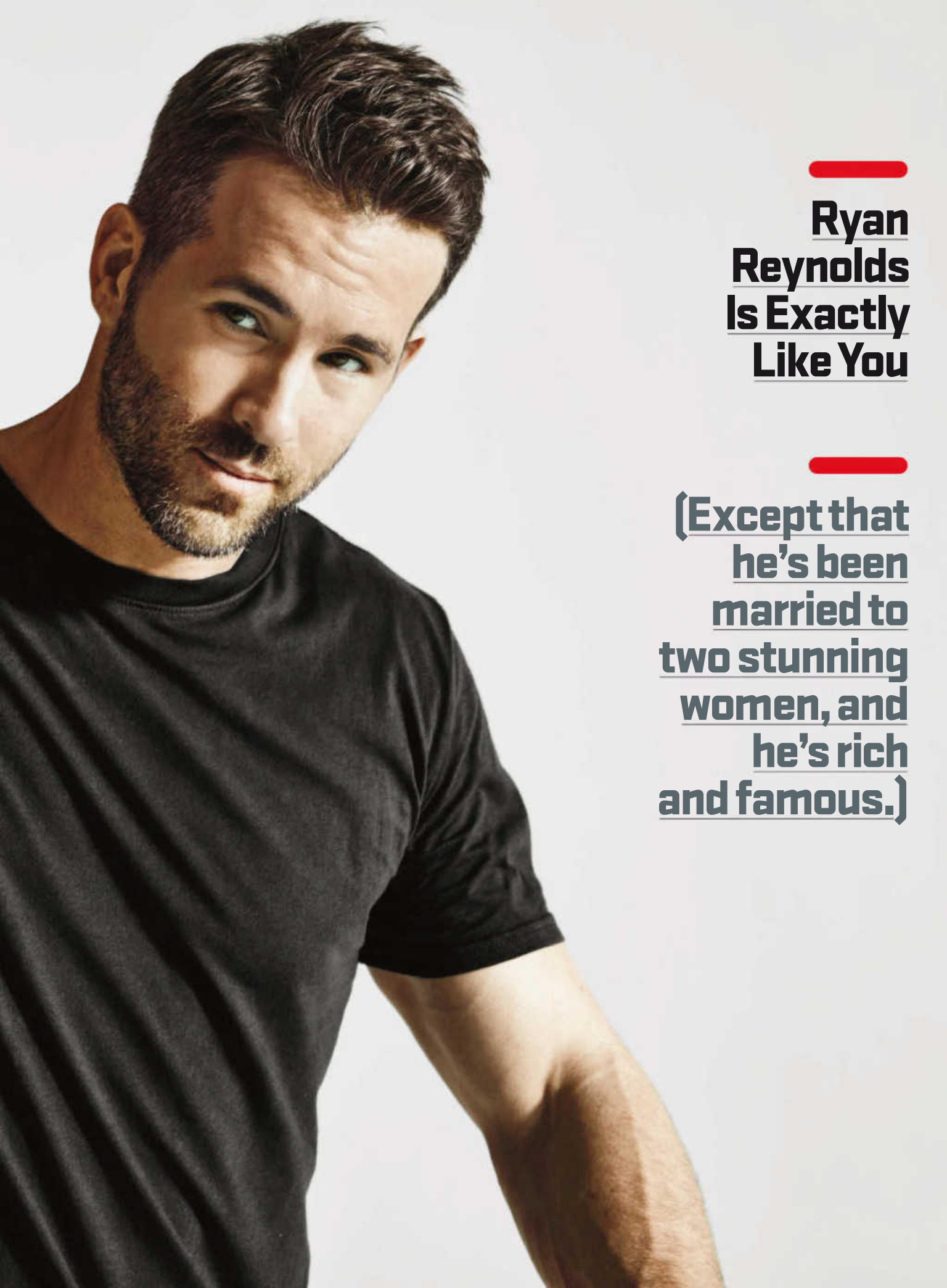
Trans fats raise your heart disease and type 2 diabetes risk and sabotage your cholesterol profile. In 2015, the FDA classified partially hydrogenated oils, the main source of artificial trans fats, as not "generally recognized as safe" and required food producers to remove them by June 2018. The American Heart Association sets a daily max of 2.6 grams for moderately active people. Beware of these bombs.

	GRAMS OF TRANS FAT
Longhorn Steakhouse Caramel Apple Goldrush	11.0
Carl's Jr. Biscuit 'N' Gravy Breakfast	7.0
Steak 'n Shake Country Skillet Breakfast	4.5
California Pizza Kitchen Pumpkin Cheesecake	4.0
Carrabba's Italian Grill Calamari appetizer	4.0
Popeyes Louisiana Kitchen Cajun Fries (Large)	3.5
IHOP Caramel Bon Bon Pancakes	2.0



By Eric Spitznagel

Photographs by
Ture Lillegraven



Ryan Reynolds Is Exactly Like You

(Except that he's been married to two stunning women, and he's rich and famous.)

RYAN REYNOLDS'S FACE LOOKS LIKE A BADLY BRUISED SCROTAL SAC. Those are his words, not ours. Actually, if you want to get literal about it, his exact words are "an ancient, deep-fried, badly bruised scrotal sac." And from our vantage point, that's an accurate description. As for the rest of his body, it's not faring much better. His hands are covered in blistering skin and brown spots. His neck is sprouting carbuncles. His feet are reminiscent of a diabetic Gollum's. Or, as Reynolds sums up his general appearance, "I look like somebody who's had sex with pure radiation."

It's strangely satisfying to see the actor in this state. It levels the playing field, at least a little.

This is a guy who gets a lot of attention for being easy on the eyes. Women love him. Some of the women who love him are famous. Like Blake Lively, the blonde stunner he first met on the set of 2011's *Green Lantern*, a superhero flick that flickered out prematurely. He married her about two years later, so by now he's seen her naked, like, a bunch of times.

So it's nice to see *People*'s 2010 Sexiest Man Alive like this, lounging in his trailer in a sweat suit and Crocs, like an old, hairless man waiting for a bowel movement, his best days long behind him.

Except none of it is real. Reynolds's face has been deranged by prosthetic makeup. He's in Vancouver, his hometown, for a few reshoots of *Deadpool*, his latest attempt at headlining a superhero movie.

Even if you can accept this repellent Reynolds at face value, it's hard to feel superior. Something about him is just so damned…relatable.

"Relatable" is not a word usually associated with big movie stars who have hot wives and gigantic bank accounts. But that's not the case with Reynolds. He exudes normality. If there's any ego there, it's well concealed. You try to remind yourself not to believe any of it. He's an actor, and all actors are emotional manipulators. But within minutes of meeting him, your cynicism is gone and it's like you're having beers with an old college pal.

Which is to say it gets very immature very fast.

At one point he mentions that his *Deadpool* makeup takes an hour and a half to remove, followed by a soak in a hot bathtub back at his hotel while the remnants of the prosthetics slowly dissolve and slough sickly off his body.



Sexiest Man Alive?
Reynolds was *People* magazine's "It" guy back in 2010. But he let himself go for his *Deadpool* role. (No word on how Blake Lively liked it.)

MH Well, obviously that's where this interview should be happening.

REYNOLDS Absolutely. We're doing that, right? You're coming back with me?

Sure. And maybe we pop open a bottle of chardonnay?

We'll smoke a couple of stogies, listen to some Nana Mouskouri, light a few candles.

We'll need a lot of candles.

Hundreds of candles. Like that Police video for "Wrapped Around Your Finger." And what are your thoughts on some gentle, cordial foot rubbing?

For you or…?

I'm the one getting the massage. I want you to use some olive oil, really dig your fingers in. You know anything about reflexology? Where you hit certain pressure points and it's like a map to your brain?

What kind of reaction are you looking for exactly?

I want you to find that spot on my foot where you press it in a certain way, and you're like "Aaaand you're peeing."

We're not familiar with that spot.

Wouldn't that be an amazing superpower? Knowing where to press on someone's neck to make them immediately urinate.

That's a great premise for a superhero movie.

Totally. Just a guy who walks up to bad guys, touches them on their pressure points, and says, "Aaaand you're peeing."

You've got the superhero catchphrase already.

"Aaaand you're peeing." Just you wait—every kid in America is going to be saying that line next summer.

Reynolds has a reputation for being guarded about his personal life. But he's not bashful today. He tells stories about his wife, Blake Lively, the former *Gossip Girl* star who sets off a TMZ frenzy whenever she appears in a bikini, and how she's "basically a human GPS. I remember being in Nashville with her, and she's telling me, 'Just take your third right and go down that little alleyway, and then left at the end of the block, and there's a gas station.' And I was just, 'How do you know that? You've been here one day. What sort of dark magic flows through you?'"

On the topic of his daughter, James, who turned 1 year old in December, he's even less reticent.

"During those first six months, it's amazing that you find a way to keep going," he says. "Just the lack of sleep, and the hallucinations. Fuck peyote. You want to trip balls? Have a kid and see what it's like to be awake for a month straight. You'll have moments where you're like, 'Did I really ride a unicorn to work? I'm pretty sure I didn't, but I don't know. Was Willie Nelson cradling my testicles this morning? It probably wasn't him, but let me check his tour schedule just to be sure.'"

He's hallucinating all this, yes, but he's grappling with genuine anxiety, the kind you don't

Styling: Brian Boyé; grooming: Kristan Serafino/Tracey Mattingly; prop styling: Bednark Studio; Raleigh Denim Workshop shirt. Pilac pants. Axel Arigato sneakers. TM & © 2015 Marvel & Subs. TM and © 2015 Twentieth Century Fox Film Corporation (inset)



Ryan's Secrets to Success

NEVER COMPLAIN

"Even if I've been in a gym for two hours before a 17-hour day on a movie set, I never bitch about it. Get your sleep when you get your sleep."

BE PUNCTUAL

"What you're telling people when you're late is that their time doesn't mean a thing to you. And it sends a real bad message right away."

TRY LISTENING

"If someone is saying something that you're opposed to on a molecular level, forget about your argument and just go into their head for a second."

RESPECT EVERYONE

"When I'm making a movie, I make sure that every member of the crew feels included. I'll change a line in the script just to make Doug the gaffer laugh."



The Real (and Twisted) Tweets of Ryan Reynolds

KNOW YOUR LIMITS

"I'd walk through fire for my daughter. Well, not fire, because it's dangerous. But a super humid room. But not too humid, because my hair."

BE BLUNT

"If I were to become a life coach, the first thing I would do is let all my clients know they've just hired a life coach, so it's already too late."

START EARLY

"Love writing nursery rhymes for my daughter. Her favorites are 'Sunshine Cuddle Time!' and 'Everyone You Know Will Eventually Die.'"

GO ALL IN

"Call me old-fashioned, but sending a dick pic is truly disgusting and lazy. Real love means sending a nice bouquet of penises."

TELL THE TRUTH

"Nothing better than spending an entire morning staring into my beautiful baby daughter's eyes and whispering, 'I can't do this.'"

really understand until there's a tiny human being depending on you for survival. That kind of responsibility can do weird things to a guy's head.

"I still check on her in the middle of the night and put my fingers under her nose just to make sure she's still breathing," he says. "Is that insane? I feel like it might be a little bit insane."

We assure him it's not insane, and he smiles. "Thank you for saying that," he says. "It's been a freaky year. I need all the encouragement I can get."

He's not just talking about his daughter. He recently lost his father, James, who passed away after a 20-year battle with Parkinson's. (And yes, his daughter is named after her grandfather.) That's part of the reason he's back in Vancouver.

"I got to say goodbye to him," Reynolds says. "I got here while he was still conscious, and had some pretty valuable time with him." He and his mother and brothers—he's the youngest of four boys—buried the family patriarch less than 24 hours before he sat down with us.

"We had a deeply complicated relationship," he says of his dad, "and it leaves behind some questions that are still being answered. Not just about him but, you know…how I'm trying to get better at being a dad and a husband and a man."

Forget the hot wife, the movie career, and the famous abs. Reynolds is facing down the challenges that every man, sooner or later, has to contend with. Parents die, children are born, and one day you wake up a middle-aged grownup who has to pretend he knows what he's doing.

Reynolds, who'll turn 40 in October, is reluctant to reflect on the lessons of four decades. "There's nothing worse than a celebrity talking about life in a unilateral way, like his experience is the same for everyone," he says. "I would rather punch myself in the dick for 45 minutes than be that guy."

But we got it out of him anyway.

Success Doesn't Require Crazy Risks

Reynolds played football in high school, and he played it hard. He ended up with a few concussions—"a dangerous amount of concussions," he says. And never got medical treatment for them.

"When you're growing up in a family without a lot of money and four boys, it can't always be, 'Let's go see a specialist, see if you're okay,'" says Reynolds. "If you got hurt, you were tough about it. It became a mantra for us: 'Just walk it off.'"

There was also a part of him that wanted to please his father, a cop and former boxer, who liked the idea of his youngest son being a competitor so fierce that something as trivial as multiple concussions wouldn't keep him off the battlefield.

"I learned discipline from my father," Reynolds says. "Not in terms of corporal punishment, but being determined in whatever you do."

His dad wasn't as thrilled when the youngest Reynolds gave up sports for acting. "He didn't really understand it," Reynolds says. But just because he wasn't taking as many blows to the head doesn't mean he wasn't willing to put himself through physical hell to get what he wanted.

When he landed a small role in *Blade: Trinity*, a 2004 vampire thriller, Reynolds was a comic actor best known for the hard-partying college comedy *National Lampoon's Van Wilder*, which didn't actually find an audience until it landed on video. But with *Blade* he decided to transform himself by sculpting the body of a movie star.

That involved three-hour workouts and six to eight meals a day. "I remember thinking, 'This would be such a perfect time to die,'" he says. "At the time, it seemed like a protracted hell that would never end." That was a decade ago. Now, at 39, he sees fitness as a part of his life, not as punishment.

"I get depressed if I don't move," he says. "So for me, that's enough. I don't necessarily need to have 400 pounds on my back in the squat rack and then take a picture of myself and send it out to my Twitter followers: 'Part of the 400-pound club today.' I like to hike and go biking, that kind of thing. Get outside, move my body, get some fresh air pumping through my lungs. That's my idea of a workout now."

He's also trying new things, like warming up. "I never did stuff like that back in my 20s," he admits. "But I'm that guy now. I'm the guy doing calisthenics. I'm doing jumping jacks and deep knee bends. I work out like a British person."

He's used that same take-it-easy approach with movie stunts. "I've done things to my body, mechanically, that I'll never do again," he says. "I've done stunts that I shouldn't have done 10, 11, 12 times. I've broken a ton of bones on sets."

He broke his neck while filming the 2012 thriller *Safe House* and vows he'll never put himself in that position again. "You realize you can do this without hurting yourself to prove your worth," he says. "That was a nice revelation. There's a qualified professional who looks just like me called a stuntman, and he can give it a crack as well."

Humor Is Funnier with a Purpose

Reynolds has a great story about the day his daughter was born. And it involved him doing something very, very inappropriate.

"It's evidently not very easy giving birth," he says. "I have a tremendous respect for that process, and I hope to repeat it many times in my life. I just wanted to…" He pauses, looking for the right words. "Take some of the pressure off."

He's right about childbirth being stressful—definitely for the mother but also for the dad. You're not sure how you can help, other than holding your wife's hand and offering encouragement. But Reynolds came up with a plan: He was going to make his wife laugh. In the delivery room, surrounded by CONTINUED ON P. 122

> "I learned discipline from my father. Not in terms of corporal punishment, but being determined in whatever you do."

"The Best Money Advice I Ever Overheard"



HE'S A MULTIMILLIONAIRE AND A STAR INVESTOR ON THE HIT SHOW *Shark Tank*. Yet, Robert Herjavec admits, "I'm not a very smart guy." His family emigrated from Croatia to Canada when he was 8 years old, and he didn't go to fancy schools. "But I learned from everybody around me," he says. "When I was a waiter, I learned from the busboy how to quickly clear tables. I paid attention to the businessmen's lunch conversations. I've always been a scavenger for education." ¶ Herjavec went on to make an estimated $100 million as a tech entrepreneur, and he's proof that you don't have to be textbook smart to be successful. As he puts it, "The world is full of education if you choose to open your eyes and ears to it." ¶ You're about to meet five guys who did just that. They overheard snippets of wisdom and used them to become more successful. This simple strategy can work for you too. Are you listening?

By Joe Kita

Photograph by Nigel Cox



Who needs Harvard or Wharton? For the real secrets of financial success, just listen up at parties, restaurants, and even barbershops.

Page 113



• Overheard in a Barbershop

Buy Stocks Regularly to Shave Risk

Anthony Full, 57, operates Rock Barbers, a cut-and-shave operation with straight razors, big-screen TVs, and free beer. Guys don't just come for haircuts; they come to hang out. And since the shop is near wealthy Boulder, Colorado, his "heads" don't mind paying $35 for a hot-towel shave.

One day nine years ago, one of his regulars, the former president of a Fortune 500 company, came into the shop. "I hear him say, 'If you want to know the secret to building wealth, read Aesop's tale of the tortoise and the hare,'" recalls Full.

When Full got the guy into his chair, he asked him what he meant with all that tortoise-and-hare business. "Find companies whose products you use and enjoy," the guy replied. "And then buy those stocks regularly." In other words: Building wealth is about slow, steady investing.

Soon after, Full committed to buying about $100 in stock each month. "The companies I invest in are mostly ones I hear my customers discussing," he says. "It's been satisfying to see the gains add up."

• Your Play Buy a Lot, a Little at a Time

Get-rich-quick stock picks rarely pan out. Instead, embrace dollar-cost averaging, which relies on small, routine investments. "Dollar-cost averaging can protect you against market fluctuations," says Bruce Galloway, a private wealth advisor with Ameriprise Financial. When the market is doing well, your fixed investment—say $100, like Full's—buys only a few shares. But when it's bearish, that $100 goes a lot further, and you load up. Over the long run, you'll probably end up with a lower average cost per stock. Advantage: tortoise.



• Overheard at a University

For a High Degree of Success, Be an Owner

Jacob Cohen was at Stanford's annual career fair with his son, a doctoral candidate. It was a big deal: All the major Silicon Valley tech companies had tents set up, along with headhunters, trademark attorneys, and investors.

"At the time, I was a partner in a regional accounting firm," Cohen recalls. "We were walking around, and I happened to overhear this young man say, 'My friends ridiculed me for dropping out of school, but if I'd listened to them, I'd be working for a company instead of owning one.'"

The comment stuck with Cohen, and over the years he thought back on it, slowly folding the message into his own professional strategy.

"The point is, if you don't take risks in life, you will not achieve above-average success," says Cohen, 76, who expanded his firm several times and eventually sold it to American Express. "Strive to be an owner rather than just an employee so you can control your destiny and enjoy the fruits of your hard work."

• Your Play Become an "Intrapreneur"

Not ready to use your house as collateral for your harebrained startup idea? Then become an intrapreneur. "If you work for a bigger firm and have an idea for growth, approach your boss with a plan," suggests Jeff Motske, C.F.P., head of Trilogy Financial. The company might let you run with it. Just be sure you have an agreement that allows you to keep equity in case your scheme turns into the next iPhone. If it doesn't, then at least you didn't fund the failure. But you probably did learn something that will help your next idea take off.



• Overheard in a Limo

Put Your Money on Cruise Control

MJ DeMarco used to drive a limo. He was 26 and not yet the wealthy financial author he would become. Despite having two business degrees, he was living with his mom, trying to plot his future.

"This 20-something guy hired the limo service several times a month for drunken excursions," says DeMarco. "He had just sold his company for millions, and every day was the weekend for him." DeMarco, broke as he was, was all too eager to listen in on the guy. "'That's when I heard him say, 'Thanks to municipals and treasuries, I never have to work another day of my life.'" Translation: Once you have a sizable chunk of dough, you can stock up on investments that deliver predictable returns. At some point, you can live off the interest.

DeMarco went on to become a millionaire himself, selling his small Internet company in 2007. He retired at 37, wrote the book *The Millionaire Fastlane*, and has been using that eavesdropped advice to cover his living expenses for the past nine years. Oh, and by the way, he drives a Lamborghini now.

• Your Play Reap the Dividends

Even if you can't live off investment interest, you can still use DeMarco's plan: "Get into the habit of buying high-quality, dividend-paying stocks on a monthly basis," says Motske. CDs and treasuries are in the tank right now, but quality municipal bonds (DeMarco's current favorite) have provided nice tax-free yields. Over the past five years, they have spun off total returns of 4.5 to 5 percent. If you keep reinvesting dividends in large company stocks, you can build wealth fast, says Motske. You wouldn't mind driving a Lambo, right?

Styling: Michele Farci/Brydges Mackinney (opening spread)



• Overheard in a Hospital Cafeteria

To Build a Nest Egg, Take the First Slice

Stuart Hanson, M.D., grew up in Minnesota and spent his summers on his grandparents' farm. He put himself through medical school with loans and weekend jobs. At lunch one day, he heard some doctors talking about "paying themselves first."

"I had no idea what that meant," says Dr. Hanson, 79, a retired pulmonary and critical-care physician. "I was a young father with a 98 percent mortgage." But he couldn't shake the idea, so he signed up for an investment seminar with the intention of making some extra money. "There I learned about having a portion of your salary automatically routed from each paycheck into savings," he says. Aha! Before even paying your mortgage and other bills, you pay yourself.

Dr. Hanson started with what he could afford at the time (just 2 percent of his gross), but as his income grew, he increased what he was paying himself. Forty-four years later, he and his wife are using that money to live a comfortable retirement. Last year they took a cruise around the world.

• Your Play Automate Your Savings

Tally your monthly income, subtract your monthly expenses, and take a good hard look at what's left over, says Donna Nadler, C.F.P., a senior partner with Capital Management Group of New York. Could you part with a third of that? What about half? The more you funnel into your 401(k), the greater your odds of taking that round-the-world cruise someday. Already maxed out your 401(k) contribution? Good for you! Now set up a diversified long-term growth account with a financial advisor and have money sent there every month, says Nadler.



• Overheard at a Cocktail Party

Toast Every Client, Boost Your Business

Robert Hales was nursing a martini at a party when he overheard a doctor say, "A professional is someone who always puts the client's needs first." Hales was 34 and earning a comfortable living running an insurance agency. But because he didn't have a degree in estate and business tax law, he was losing clients to attorneys who did.

"I used to think being a professional meant being a lawyer or doctor," he says. "But that remark made me realize that my real frustration with attorneys wasn't that they cut me out but that I wasn't able to help the client as well as they could."

For the first time in years, Hales decided to invest in himself. He and his wife were raising three kids, but he enrolled at Santa Clara University School of Law anyway. He kept selling insurance while he studied, and four years later he passed the bar and stopped losing clients to attorneys.

"Overhearing that changed my life," says Hales, 81. "It's not about how much money you make. If you put the client first, the money comes anyway."

• Your Play Find Your Purpose

"It's the men who are on missions of service, not the ones focused on making money, who become the most successful," says Lauren Zander of the Handel Group, an executive coaching company. To shift your mindset, form a mental picture of yourself in three to five years. Consider not just the job but also how you're helping people (remember that "professional" part?). "Then make a list of all the actions you have to take to reach your goal," says Zander. The more clearly you can define your path, the easier it will be for you to follow.

Icons by MICHAEL BRANDON MYERS

ILLUSTRATIONS BY ZOHAR LAZAR

3 Questions Rich Men Ask...

Their Doctors
Could you refer me to the most cost-effective facility?
Prices for routine procedures—think x-rays, MRIs, and blood tests—can reach into the thousands of dollars, says Jeff Rice, M.D., of Healthcare Bluebook. Your doc could send you to a facility that charges more, so push back and say you want the best price around. You could save 50 to 90 percent, Dr. Rice says.

Their Prospective Employers
Will you match my 401(k) contributions?
That match can make you wealthy. Example: Company A offers you $95,000 with no 401(k) match. Company B offers $5,000 less but will match your contribution up to 6 percent of your salary. After 30 years and with a 7 percent return, you'll have $538,426 with Company A, or $1,020,176 with Company B.

Their Financial Advisors
What fees are you charging me?
Pay a professional no more than 1 percent in annual advisory fees to manage your portfolio, and give a discount broker 0.25 percent per transaction, says Hayne Leland, Ph.D., of UC Berkeley. Be cautious of full-service accounts. You may be charged up to 10 times what you'd pay a discount broker.
—Moira Lawler

Some fathers leave their kids money and memories. Mine left me 1,800 pounds of porn.

[redacted] My Dad's [redacted] Secret [redacted] Life

By Chris Offutt

Illustration by Thomas Allen

P. 116




WAY ORGY!
R, DARLING! by Jeff Morehead
LUSTFUL AUNT by Peter Bennett 513-03034-225
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MY FATHER DIED THREE YEARS AGO. I INHERITED his desk, his 1930 Remington .22, and 1,800 pounds of smut. ¶ As a kid I thought Dad was a science fiction writer who occasionally wrote other stuff to supplement his income. After his death, I learned the truth. It turned out Dad not only liked porn but also wrote it, publishing some 400 books under 17 pseudonyms. In addition to his own writings, he amassed a personal collection of porn that included 1,000 magazines and more than 600 paperbacks, plus photos, VHS tapes, postcards, and sexy comic books.

I went through it all, gleefully at first, with an archivist's eye as I sifted through decades of material. I became a lay scholar of sleaze. But I also became a student of my father's version of fatherhood. Because even though 1,800 pounds of porn was stockpiled in the house I grew up in, I knew nothing about it.

Of course all fathers, including me, have secrets. Men want to protect their children and preserve the illusion of paternal infallibility. I have two sons. Though we are very close, I haven't told them everything about my life. Presumably men with daughters keep more secrets than those with sons. It's understandable and natural. Still, my father's deep secrets encompassed most of his life and all of mine. Dad supported a family of six by writing one pornographic novel at a time, 400 times, never revealing the extent of his output.

My siblings wanted me to burn it all. But I'm the oldest, the firstborn son, and Dad left it to me, along with his rifle and his desk. It didn't feel right to burn my inheritance; and besides, like many men, I am not immune to the allure of pornography. So I dutifully packed it all in boxes and arranged for transport to my house 12 hours away. The movers charged by the pound and gave me the precise weight. I was in the hole financially. But oh, what a treasure trove!

HAPPY ENDINGS
I'm extremely proud to report that all of my father's books had (at least) one.

As a business, pornography has always been draped in secrecy. In the past, writers used pen names, publishers operated from ever-changing locations, and booksellers kept such wares behind the counter or in a back room. Over time, obscenity laws relaxed and porn became more readily available. The invention of the VCR killed the market for written porn. Why would anyone read it when you could watch it? Nowadays, of course, you can watch porn on your cellphone. Creating it, selling it, and finding it may require less stealth than before, but watching it is still something we do in secret—erasing our Internet history or keeping bookmarks in a hidden file marked with something banal. (Mine are under "recipes.")

My father's need for secrecy was based on his being a pornographer, not a consumer of the stuff. It stemmed from where he lived. He grew up in a log cabin, and then he moved to the Appalachian foothills and occupied the same house in Rowan County, Kentucky, for over 50 years. I grew up in the woods, walking dirt roads and footpaths through the hills. It is a conservative area known for its evangelical religious beliefs. My home county is a place that has recently received a great deal of publicity, thanks to Kim Davis, the county court clerk who refused to issue marriage licenses to gay couples. Like most people back home, I know Kim Davis. I know her mother and son and at least one of her ex-husbands. In the way of small towns, they knew my father, and my mother too. But they didn't know that Dad wrote porn—and they'd never have guessed that Mom typed every manuscript for final submission.

Dad wanted to protect the family from public condemnation. The other side of secrecy is shame, and I suppose Dad never fully resolved his obsession with sex. Long after his children were grown and out of the house, he still operated covertly, alone in his back room, with porn stuffed in closets, hidden behind rows of books on shelves, and tucked into file folders with innocuous headings. I believe that working in secret was part of his process. Secrecy allowed his imagination to flourish.

Pornography is the most inclusive field of all human endeavor. It has to be. Unlike erotica, which is often boring, the purpose of porn is sexual stimulation, branching into hundreds of personal fetishes. Dad wrote every kind of porn imaginable, from alien-bondage tales to zombie porn. His themes included S&M, swapping and swinging, three-ways, orgies, hermaphrodites, cross-dressing, and transgender. Several of his books begin with naive young women accidentally or deliberately finding themselves in peril. In *Pussy Island*, an airplane full of beauty contestants is hijacked to an uncharted island where all manner of sexual activity

Dad wrote every kind of porn imaginable—alien bondage, zombie, S&M, swapping and swinging, three-ways, orgies, hermaphrodites…

William Mebane (photographs)

SCREWED UP FAMILY


SUCCULENT LINE-UP
a beeline book
PLEASURE US!
Erotic inventors
sex drug that will
and keep you humping for hours!
by John Cleve
Darling
by John Cleve
FOUR ON THE
THE SEDUCTRESS
THIS IS A NITIME SWAP
1.95
NS433
VB641
$1.95

By the end of his career, he was writing specialized porn for private customers who paid a lot to have their fantasies discreetly depicted in prose.

occurs. The island's location is as secret as my father's lifelong work.

It took me two years to go through Dad's stuff. He had stockpiled a collection that stretched from the 1950s all the way to 2012. At first I joked about living every man's dream—a beautiful wife and a house full of porn! But after six months the project overwhelmed me, and my interest waned. Every time a sexual portrayal got my attention, something new quickly replaced it. Over time, it all ran together into one long blur of fleshy words.

One of Dad's early books was *The Seductress*, published under the pseudonym Jay Andrews. The novel is a prolonged ménage à trois tale about a couple and a young woman. Leonard A. Lowag, Ph.D., wrote an introduction. Initially I wondered if Dad had written the introduction, but the prose style is decidedly different from his. I realized that the introduction and the academic credentials were intended to convince a hesitant buyer that the contents were in some way scholarly. I couldn't find any evidence that Lowag had an actual Ph.D., but he wrote introductions to many cheesy porn novels other than my father's.

As I picked through everything Dad had written and collected, I found over 40 books with introductions written by alleged doctors and psychiatrists. Some books sought legitimacy by having been cowritten, following the model of collaborative scholarship. Essentially, the books offered pornographic tales of "true experiences," recounted in the first person, thus allowing for full-throttle depictions of wild sex. The cover art was usually innocuous, never lurid or sexy, mimicking actual academic studies. Sellers could display them openly, and buyers didn't have to hide them at home. The books lent the owners a touch of intellectual curiosity and hipness. Crude people read porn, they suggested, but these sexual treatises were authored by scholars and psychiatrists.

After two years of immersion in every facet of porn, I'd finally found my favorite category. I wasn't drawn to the content so much as the concept: soft-core porn disguised as academic nonfiction. It was brilliant marketing of a subgenre I termed "Clandestine Pornography."

A NOVEL SOLUTION
When you have six kids to feed, raise, and put through college, you have to be creative.

Dad's collection included multiple variations on the title *Confessions of a…* A few dozen books fell into this category, with such protagonists as Victorian Lady, Married Man, Sex Slave, Courtesan, Rake, and English Maid. The idea that these people were eager to tell their stories is silly, but the books sold, which was all that mattered.

One remarkable title was the simple, direct *Confessions of an Author*. It gives the impression of intimacy because it was written by a genuine "author." But my favorite is the anonymously written *Diary of Mata Hari*, a book I admire for its bold provenance—how can the diary of a named individual possibly be anonymous?

The cartoonish cover art of *Wife Swapping Report* from 1964 depicts a window with a shade not fully drawn, behind which is a silhouetted couple in deep embrace. Looking at the cover forces you into the role of voyeur. The back cover reads:

Wife swapping has become standard procedure for millions of married Americans. The practice is part of the sexual revolution of our time. Has it become "normal"? Is it insane?

You must decide for yourself after reviewing the case histories of this report—case histories that are personal and explicit. They will make you wonder about your own desires.

I admire this text for its advertising acumen and foreknowledge of potential buyers. It opens with conjecture presented as truth—wife swapping is standard. (It's not now, and it certainly wasn't then.) That it's a "report" based on "case histories" gives the contents legitimacy. Next comes the forced dichotomy of "normal" and "insane." Technically, neither is true or ever will be. But the implication is clear—the book confirms that the fantasies of a casual browser are normal, and you'd have to be insane to think otherwise. The introduction concludes with an explanation for why the book reads as a novel—the result of careful and difficult work, with details changed and fragments edited for clarity. The reader is assured of its authenticity, with a reminder that it won't be tedious and dry. It's not a novel, but it reads like one!

Several books explored the phenomenon of bare-bottom spanking, paddling, and whipping, such as *Spanking: Sex or Sadism?* "Never Before Published!" bellows the caption on the red cover. Published in 1965 in Hollywood, its 14 chapters cover the "disturbing growth" of spanking in society, attributed to the fashion of tight pants that emphasize the backside. Each chapter depicts a different form of spanking—over-the-knee, standing, bare-bottom—and with various implements. It also includes a tip on how to find a spank partner. "While every woman possesses a fanny of some proportion, not all possess an equally attractive bust measurement." In other words, a woman with small breasts is more likely to desire spanking. Even though I knew all of this was utter invention, I wondered if that last preposterous idea could be true!

CONTINUED ON PAGE 122

Titillating Titles

Andrew Offutt wrote more than 400 porn novels. Among them…

- Bondage Babes
- Captives in the Chateau de Sade
- Swallow the Leader
- Pussy Island
- Pleasure Us!
- The Balling Machine
- A Miss Guided
- Chamber of Pleasures
- Snatch Me!
- Wet Dreams
- Diana's Dirty Doings
- The Three of Us
- The Wife Who Liked to Watch
- Never Enough
- Holly Would
- Vacation in the Erogenous Zones!
- Asking for It
- Family Bonds
- Disciplined!

MY DAD'S SECRET LIFE, CONT. FROM P. 121

If only I could have called Leonard A. Lowag, Ph.D., and asked.

I tried to look it up in the *Illustrated Sex Dictionary* by William J. Robinson, M.D., published in 1967. It wasn't there, but I did manage to find a large catalog of classic dirty pictures, smutty paperback covers, and examples of advertising with sexual overtones. Film is represented by a movie still of the brothel scene from *Sanctuary*, based on William Faulkner's classic novel. Lesbian love is a prominent theme. A Picasso drawing portrays a mythological satyr molesting a woman from behind.

Most surprising was "Voronoff's Operation," an actual procedure invented by Russian-French surgeon Serge Voronoff. In the 1920s, Dr. Voronoff attempted to refurbish the sex drive of thousands of old men by implanting monkey testes into them, a process called "xenotransplantation." Demand was so high that he set up his own monkey farm. His successes were reported in the *New York Times* and referred to by the poet E.E. Cummings and in an Irving Berlin song. Unfortunately for the good doctor, subsequent research concluded that putting a few slices of monkey testicle inside the scrotum of a rich old man didn't actually work, had never worked, and couldn't possibly work. But, like the publishers of Clandestine Pornography, Dr. Voronoff convinced people of his legitimacy and made a fortune.

Dad attended college on a full scholarship. He read widely among many subjects, including psychology, military history, and the Greek and Roman classics. Despite his brilliance, he was hoodwinked by the false promise of Clandestine Porn. He made comments in the margins. The introduction to 1970's *The Cruel and the Pained*, by Lester Knight, Ph.D., outraged him. The fake "Doctor Knight" included an uncharitable characterization of spanking aficionados as being "abnormal, warped and twisted." Dad scribbled a response:

This writer is in considerable need of help. Only god knows how many readers this ghastly fact book hurt by its value judgments from an unwell mind.

Abnormal indeed!

Warped and twisted indeed!

It's clear that Dad was reading these books to learn about sex and seek ideas for his own work. For 50 years he made a living writing porn. By the end of his career, he was writing specialized porn for private customers who paid large sums to have their fantasies discreetly depicted in prose. No activity between adults was too warped, twisted, or abnormal. His diligence and fierce work ethic moved pornography forward, pushing boundaries of social acceptance, breaking the path for today's open attitudes about sex—or so I believe. He also put his wife and kids through college. Not a bad life's work. ■

Chris Offutt is the award-winning author of six books and 10 screenplays. His new book is My Father, the Pornographer.

RYAN REYNOLDS, CONT. FROM P. 111

doctors and nurses, with Lively huffing and puffing, Reynolds did something that nobody was expecting.

"I jammed Marvin Gaye's 'Let's Get It On,'" he says. "It was a really bad time to do it. She hasn't let me forget about that one. But it's an impossible song to ruin, as I've found out, cause she still loves it. But now, when it comes on, she can only think of crowning."

Reynolds has always been a funny guy, but in recent years, he's learned how to be funny with a purpose. It's part of the reason he's held out so long for the chance to make *Deadpool*.

For non-fanboys, the Deadpool character is a maniacal mercenary with accelerated healing powers and a twisted sense of humor. Being immortal has made him a little nuts. He's like Spider-Man but with the emotional maturity of the Joker.

Reynolds played Deadpool before, in a brief scene in 2009's *X-Men Origins: Wolverine*, but there were no plans to give the character a movie of his own. It didn't help that Reynolds starred in *Green Lantern*, another movie about a hero in a skintight costume that bombed and bombed hard.

But Reynolds refused to give up on the project. "I've likened it to a terrible relationship," he says. "It's something I needed to do. Because I really identified with this character."

And not because he has a soft spot for vigilantes or for wearing clothes that leave little to the imagination. "I understand the idea of filtering pain through a prism of comedy," Reynolds says. "I think this character does that quite well. He obviously takes it too far. He wakes up in the morning exclusively to annoy everyone around him. But for your average civilian like me, I think there's something really relatable about that idea, that there's something to be learned by taking life a little less seriously."

He takes a moment to consider this.

"Laughing can serve you in those dark moments," he says, "and even help you crawl your way back out."

Reynolds is a master at using humor as catharsis. He's quick to joke about anything that makes him uncomfortable, even his infant daughter's inevitable sexual maturity. "We've had the talk already," he says. "Which frankly went right over her tiny head. The great thing about having the sex talk now is that she can't say I didn't do it. Because I recorded it."

He also addressed the grim medical realities of aging. "I finally had my prostate checked. And I was really thankful that I taught my asshole to whistle before the doctor stuck his finger in there. The look on his face was priceless."

Humor is a tempting refuge when you've just buried a parent and the weight of loss can seem too much to bear. You'll say things to well-wishers that perhaps aren't entirely accurate.

REYNOLDS **My father was swallowed alive by his own anus. It was a terrible way to go.**

MH Like a snake swallowing its own tail?

Yes, absolutely. It was really horrific to see anyone stretch that far.

And then just disappear.

That was the worst part. He just evaporated, and became thousands of bats.

We laugh way too hard, like you laugh when somebody you love is taken away and you weren't ready to lose him yet. That laughter is, of course, therapeutic, in ways you couldn't imagine until you actually need therapy.

"In my dad's dying moments, we were making him laugh," Reynolds says. "We were all in there together, me and my brothers, just joking with him. And of course we end up busting each other's chops. I recommended that the doctor raise Dad's dose of Dilaudid in order to make my other brother more tolerable."

Reynolds smiles, like it's a warm, fuzzy memory. And maybe it is.

"It wasn't a bad way to go," Reynolds says. "If I could have the same death as my father, I would do it right now."

> **"In my dad's last moments, we were making him laugh. We were all in there together, me and my brothers, joking with him."**

You Don't Need All the Answers

We get to talking, as men of a certain age sometimes do, about what unbelievable, self-involved assholes we were in our 20s.

"At 23 I was in an existential crisis," says Reynolds. This was around the time he was costarring in the horribly titled ABC sitcom *Two Guys, a Girl and a Pizza Place*, his first taste of semi-success. (He was getting paid, but not exactly recognized on the streets.)

"When you're that age, everything is so huge and heavy and important," he says. "Except of course it's not. But you feel the weight of life anyway. You're just this big ball of pompous, arrogant insecurity."

Something happens when you put a few decades on your life's time sheet. One, everything gets more complicated. Exhaustingly so. And two, you're not as stressed-out by the details anymore. It seems like a contradiction, but Reynolds insists it's true.

When he had no money, no sustainable career, no family obligations, and no one approaching a woman like Blake Lively by his side, he says he was "gripped in a state of pure anxiety 24-7." But when life took a turn for the serious, when he began juggling responsibilities that would have crushed him at 23, his shoulders finally loosened.

"When my daughter was born, my first thought was, 'Oh yeah, I can do this,'" says Reynolds. "It's not that I felt ready or that I knew exactly what I was doing. The exact opposite. I had a cactus when I was in my 20s, and I killed it. A cactus! If I couldn't handle that responsibility, how can I handle what my life has become now?"

Reynolds wants to be the sort of parent who makes it up as he goes along. He wants to do the same with his marriage and career. What's in his future? He'll find out when it gets here.

"There are so few surprises left in life," he says. "We've gotten so addicted to knowing. It's the Google generation. We want the answer to everything right now. Every little piece of knowledge has to be instantly accessible. You can't even have a passing thought like, 'Wait, who sang "St. Elmo's Fire" again?' You just have to…" He rips his cellphone from his pocket and violently taps on the screen. "John Parr! I knew it! Gotcha!"

There's a comfort, Reynolds says, in not knowing, in accepting that you don't have all the answers, and not letting the anxiety of that suck you in like an all-consuming anus.

"The best directors I've worked with, they all have the same thing in common," says Reynolds. "They're the first to say, 'I don't know.' If you ask them, 'How are we actually pulling off this movie?' they'll just shrug and go, 'I have absolutely no idea.' I think that's a sign of strong character. I want to raise my daughter like that as well. I'm going to admit when I'm clueless, and I'm going to ask people for help when I don't know the answer to something."

REYNOLDS Speaking of parenting, are we going to watch *Field of Dreams* tonight?

MH Um…I guess we could. Like right now?

No, I mean when I'm taking my makeup-dissolving bath and you're giving me a foot massage.

Oh yeah, sure, we could do that. Why *Field of Dreams*?

It's the best movie I've ever seen about being a father. I am a blubbering, weeping, shivering mess by the end of that movie.

Because of the plot, or all the chardonnay we'll be drinking?

Let's make it white wine spritzers. It feels more professional. We'll throw in a few pills. Who knows what'll happen, right?

Wait, what kind of pills are we talking about here?

I don't know. Mystery pills. Let's find out together.

Um…

Weren't we just talking about this? Stop being so obsessed with knowing everything, man!

This isn't really what we signed up for.

Oh, so that's the part you have a problem with? The foot massage, the bath by candlelight, watching *Field of Dreams*—that's all fine by you. But I incorporate a few randy pills and suddenly you're out the door?

For the record, we never got around to giving Reynolds that bath time foot massage. Which is probably for the best. Eventually a production intern came to whisk him away; we'd been holed up in his trailer for too long, and the *Deadpool* director wanted to shoot a few scenes before morning.

"Sorry," Reynolds says, pointing to his testicle face. "Duty calls."

We'd almost forgotten about the makeup and that he was here to make a movie, not just to talk with us all night about death and parenting and the freedom that comes with admitting that life can scare you shitless.

We don't want this to be one of those sycophantic magazine profiles that insist a celebrity is just like you. But sorry, Ryan Reynolds is just like you. Not in the ways you wish—the ridiculous abs, and the wife everyone wants to see naked, and the adoration of millions of strangers. He's like you in the ways that matter.

As Reynolds walks us to the door, he reaches out and touches our shoulder, and it feels like he's about to say something profound. He rubs a finger lightly across our arm. "Aaaand you're peeing." ■

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The List



18 Things We Wish Women Knew About Us



1 Balls are a huge nuisance. They shift left, they shift right. It's like having a sweaty beanbag chair in your pants. So please refrain from chiding us if we occasionally feel the need to rearrange our boys.

2 We weren't looking at your friend's cleavage. We were looking at cleavage. Cleavage is its own self-contained entity. It doesn't matter what body it's attached to. (Unless it's Mom's.)

3 Your expectations? They're all yours. We don't need 'em!

4 We don't care if you had a lot of boyfriends before us. The number doesn't matter. What we really care about is that those boyfriends were all unemployed mouth-breathing homunculi who couldn't find your clitoris if you put your finger on it.

5 Yes, actually, we think it does make you look fat.

6 Complaining that we never ask for directions is like us complaining that you wear heels even when you know that the evening is going to involve a lot of walking. We're all irrational creatures, so let's just let everybody have his or her thing, okay?

7 Two things we will never fail to notice: car wrecks and side boob.



8 It's unlikely that we will ever notice your new haircut unless you point it out. And when you do point it out, please don't make it an accusation.

9 You think we're driving too fast now? You ought to see us when you're not in the car.



10 Being able to pee anywhere—literally anywhere—is like a superpower. So of course we're going to test its limits. We'll pee outside, pee in a sink, pee over a balcony, let's try it all. Don't fence us in. It's like being granted the ability to fly and then someone says, "You can only do this indoors."



11 Every one of us is well aware that we're whiny babies who can't take care of ourselves when we're sick. But hey, it works, doesn't it? (Thanks in advance for being our sexy nurses.)

12 Don't get us wrong, we *do* admire you for your brains. And the way they sprout your incredibly sexy hair.

13 We're completely different people at the office.

14 We cry. But it has to be worth our tears. Like *Field of Dreams*–worthy. If Colin Firth makes a film about baseball and fathers, then fine, we'll bawl along with you.

15 You know your favorite teacher from high school, the one you still remember with exaggerated nostalgia? That's how we feel about the first porn we ever saw.

16 We just think farts are funny, especially when a kid lets one rip in church. And yes, we know it's juvenile, and no, we don't care.

17 In our world, if you say "nothing's wrong," that means "nothing's wrong." Because if you believe, as we do, that language is a form of communication in which a linguistic system of symbols or sounds is used to convey ideas and feelings, then maybe you should *just say what you mean already!*



18 Actually, we don't hate shopping. You just pick the wrong stores.

From top: Howard Kingsnorth/Getty Images; Rubberball/Mike Kemp/Getty Images; MNS Photo/Alamy; Kawai Tang/WireImage (Jennifer Lawrence); Miramax/Everett Collection; Tay Rees/Getty Images

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Men's Health



Spring 2016 Guide to Style

21 Rules for Looking Sharp in a Casual World

Ryan Reynolds wears a Boss jacket, John Varvatos shirt, 3x1 jeans, and Converse shoes.



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Men'sHealth

Spring 2016 Guide to Style

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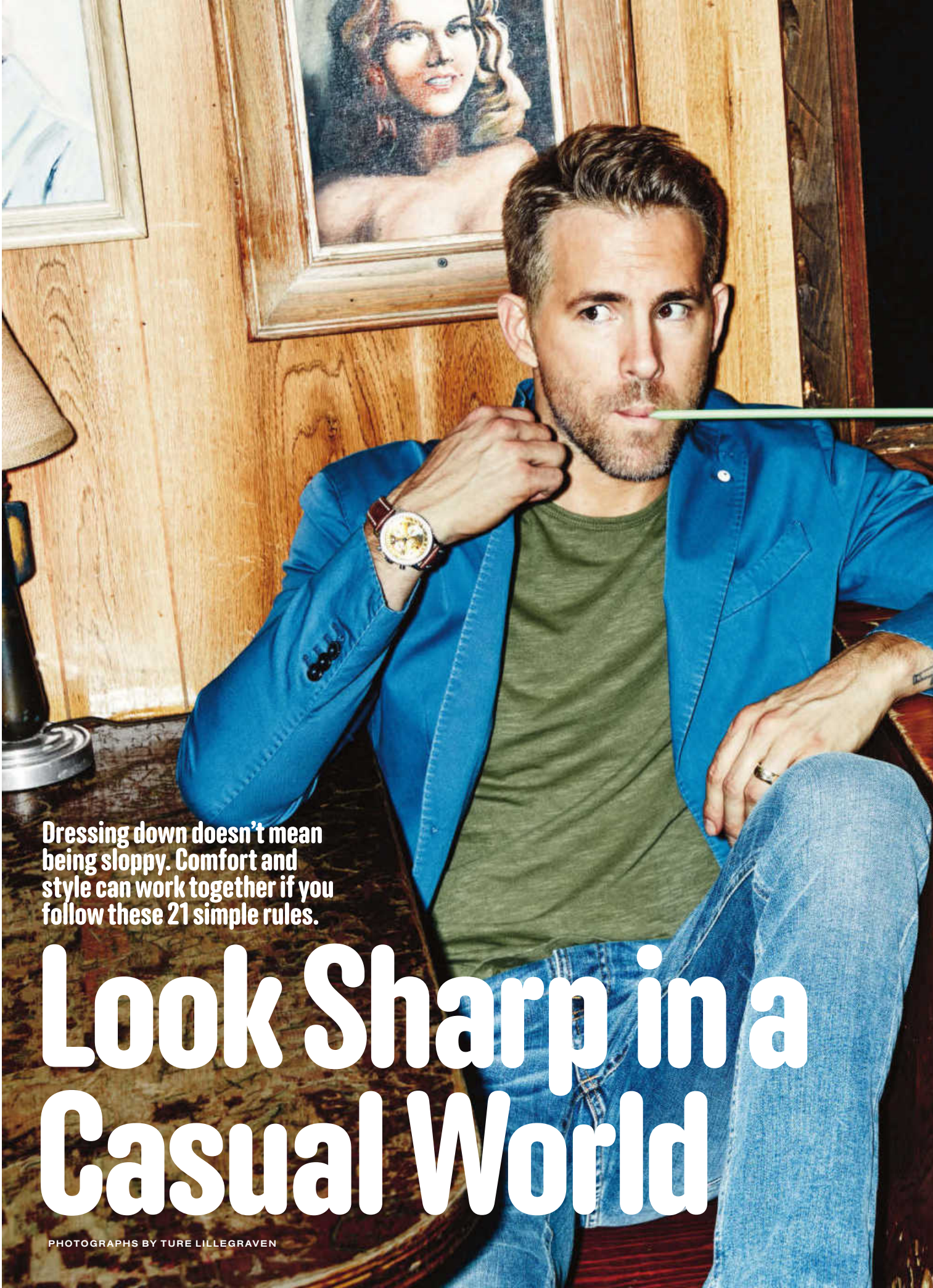
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Dressing down doesn't mean being sloppy. Comfort and style can work together if you follow these 21 simple rules.

Look Sharp in a Casual World

PHOTOGRAPHS BY TURE LILLEGRAVEN



RULE

1

Style Is Half What You Wear, Half How You Wear It

You know who always sees the best in you? Your mom. For everyone else, that first impression should convey what kind of man you are—or hope to be. And that's a clothing-critical mission. In a recent study, people judged men in fitted suits as being higher earners and more confident than those wearing baggy, off-the-rack jobs. That was after just 5 seconds of viewing a photograph.

"For me, it all starts with the pants," says Ryan Reynolds, who makes a leading man's impact even when he's not on a film set. "When you find a pair that fits you well, you can do anything. It's easy from there. Add a T-shirt and a jacket." Translation: Even jeans and chinos should look as if they're tailor-made for you. That means no more than 2 inches of excess material in the leg and an inseam that doesn't go below your heels.

L.B.M. 1911 blazer, $700
Buck Mason shirt, $32
Nudie Jeans jeans, $220
Breitling Navitimer 01 watch, $9,080



RULE

2

Every Well-Dressed Man Should Have His Own Uniform

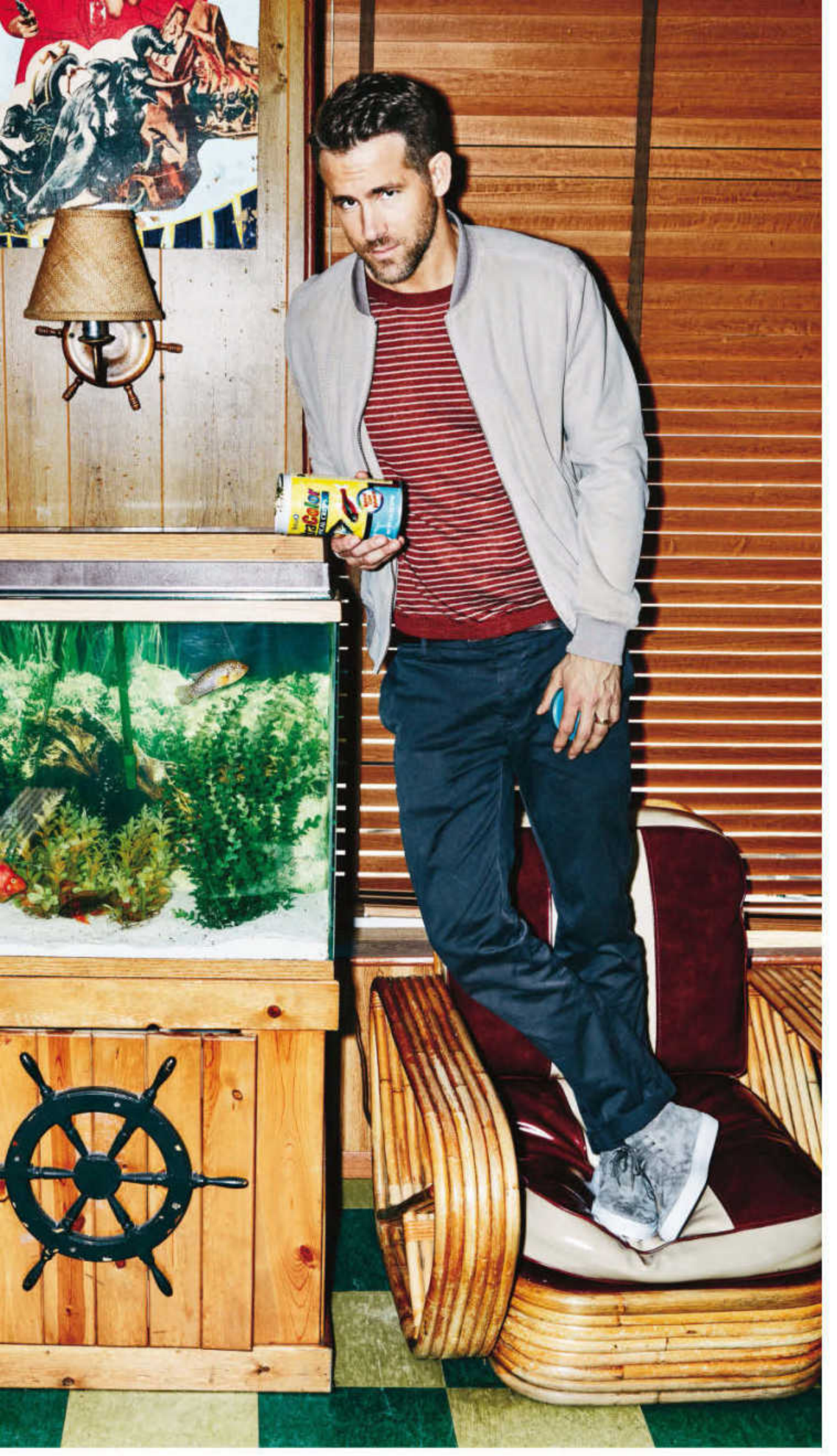
Guys like Jobs and Zuckerberg made sartorial monotony a status move in Silicon Valley. But simplicity doesn't have to be dull. Reynolds relies on his own basic fashion formula yet manages to avoid looking like the kind of guy who spends his Saturday nights in chat rooms. His look: A T-shirt and a hoodie, cardigan, or unlined sport coat—plus sneakers and fitted jeans or five-pocket pants. It's essentially the uniform he was rocking back when he met his wife, Blake Lively. "You don't want to dress differently than you did when she agreed to spend the rest of her life with you," he says.

To build your own signature look, start with pieces you like and make a point to invest in high-quality versions. "Once you find your groove and stick with it, you'll feel much more comfortable and confident," says Tony Kretten, creative director of JackThreads.

Eleventy jacket, $495
Michael Kors shirt, $145
Mavi pants, $98
Vans shoes, $80

Styling: Sandra Nygaard and Dan Michel. grooming: Kristan Serafino/Tracey Mattingly; location: The Rusty Knot, NYC


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THE NEW FRAGRANCE
SAUVAGE
Dior
Dior
dior.com
Macy's



RULE

3

A Leather Jacket Will Always Make You Look Cooler

No piece of clothing can transform a man like a leather jacket—whether it's the unexpected gray suede Reynolds has on here, or the standard biker version he's been wearing for decades. "I once bought a leather jacket that cost more than I felt comfortable with," he recalls. "But I've used it on every motorcycle trip I've gone on. I let it get destroyed, and now it looks better than ever."

If you opt for the more refined look of suede, try not to destroy it—that won't improve its looks. Give it some love with a suede-approved waterproofing spray, says Samantha Ingenito of Superior Leather NYC. And if you're using a suede brush to keep it clean, press lightly so you don't flatten the nap.

Boss jacket, $745
Eleventy shirt, $255
Orlebar Brown pants, $330
Axel Arigato shoes, $230

FIND SUPREME PEACE, MEANING, AND VITALITY RIGHT HERE AT HOME



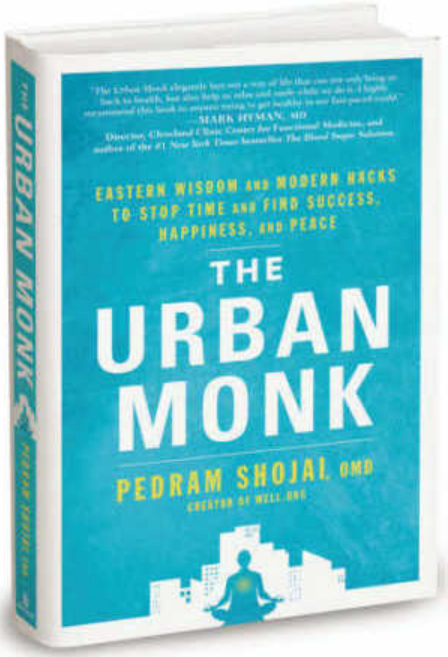
Our world is an overwhelming place. Each day's commitments to career and family take everything we've got, and we struggle to focus on our health, relationships, and purpose in life. Technology brings endless information to our fingertips, but the one thing we really want—a sense of satisfaction and contentment—remains out of reach.

Based on a lifetime of study, **THE URBAN MONK** reveals the secrets to finding an open heart, a sharp mind, and a grounded sense of well-being, even in the most demanding circumstances. Pedram Shojai's no-nonsense life mastery program brings together clear tools and exercises that can elevate your existence. Learn to honor the body with nutrition, discharge stuck energy, and shake free from addictions to toxic substances and experiences. Give your body's systems regular opportunities to rejuvenate.

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PEDRAM SHOJAI is the founder of Well.org and host of *The Health Bridge* podcast. He is also an acclaimed qigong master, a seasoned herbalist, and a doctor of Oriental medicine. Pedram conducts seminars and retreats around the world and is the producer of the movies *Vitality* and *Origins*. He is also an ordained priest from the tradition of the Golden Dragon Monastery in China.



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RULE

4

Diamonds Are Forever; Underwear Definitely Is Not

Are you that guy who's walking around with holes in his skivvies? That's a shame—for you and the woman in your life. The truth is, quality underwear is like fine wine: Until you give it a try, you just don't know what you're missing. At left are a few pairs you'll look forward to putting on in the morning—and having her take off at night.

1/ Calvin Klein $32
2/ 2(X)ist $42/three-pack
3/ Frigo by RevolutionWear $39
4/ Michael Kors $43/three-pack
5/ Diesel $28

RULE

5

Boring Socks Mark a Boring Man

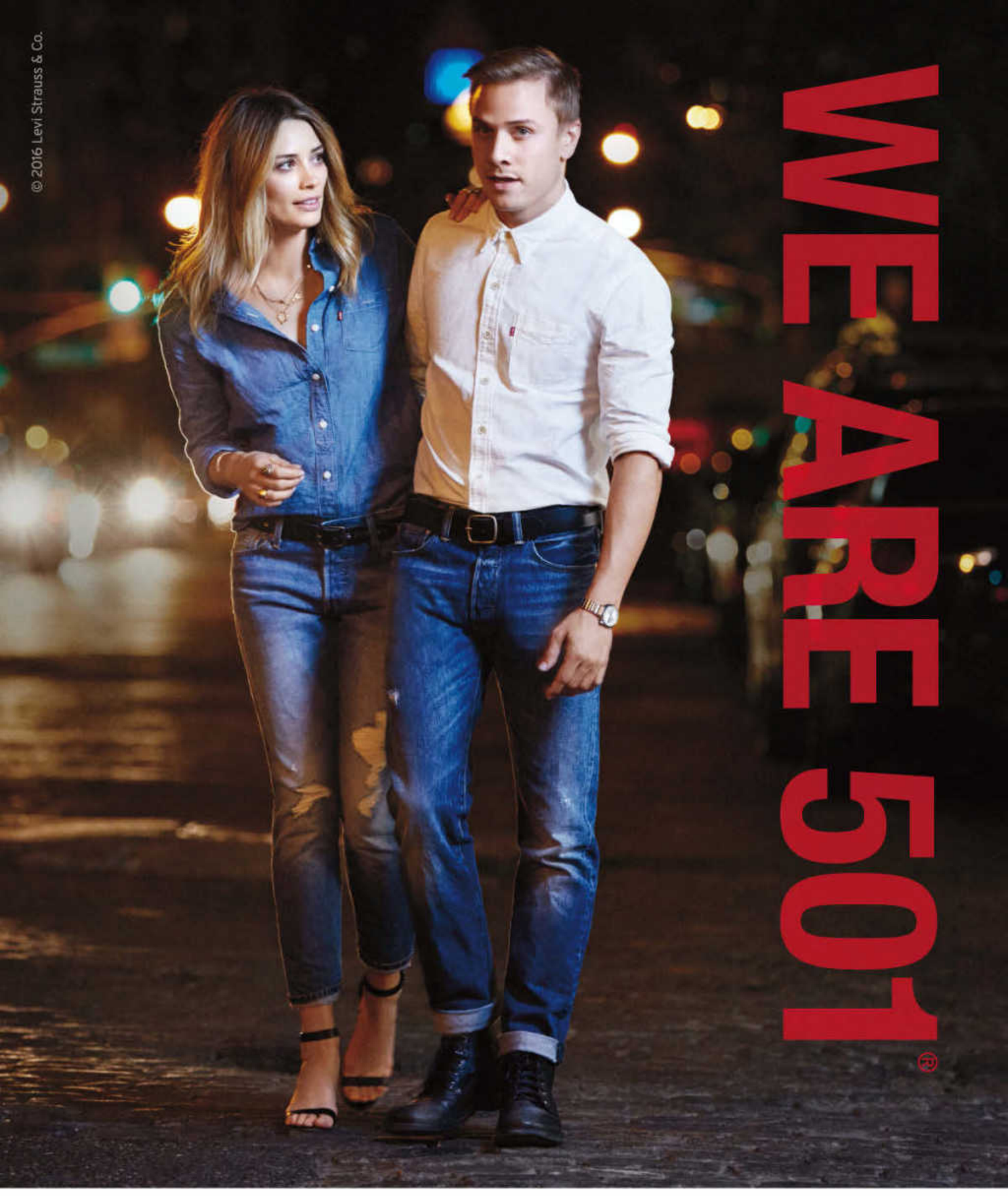
In your grandpa's day, the only acceptable sock options were black or brown. And functionality was so pathetic that men needed garters to keep them up. So here are two pieces of good news: You're now free to broadcast your personality, and socks are actually worth a damn. Some, like Mack Weldon's, are designed with extra cushioning, perfect for those who do a lot of standing. Others, such as the Stance sock at left, have ventilation panels to reduce foot funk. And the folks at Nice Laundry will automatically ship seven fresh pairs to your door every three months.

1/ Nice Laundry $49/shipment
2/ Mack Weldon $13-$15/pair
3/ Stance $10-$40/pair

Styling: Michele Faro/Art Department

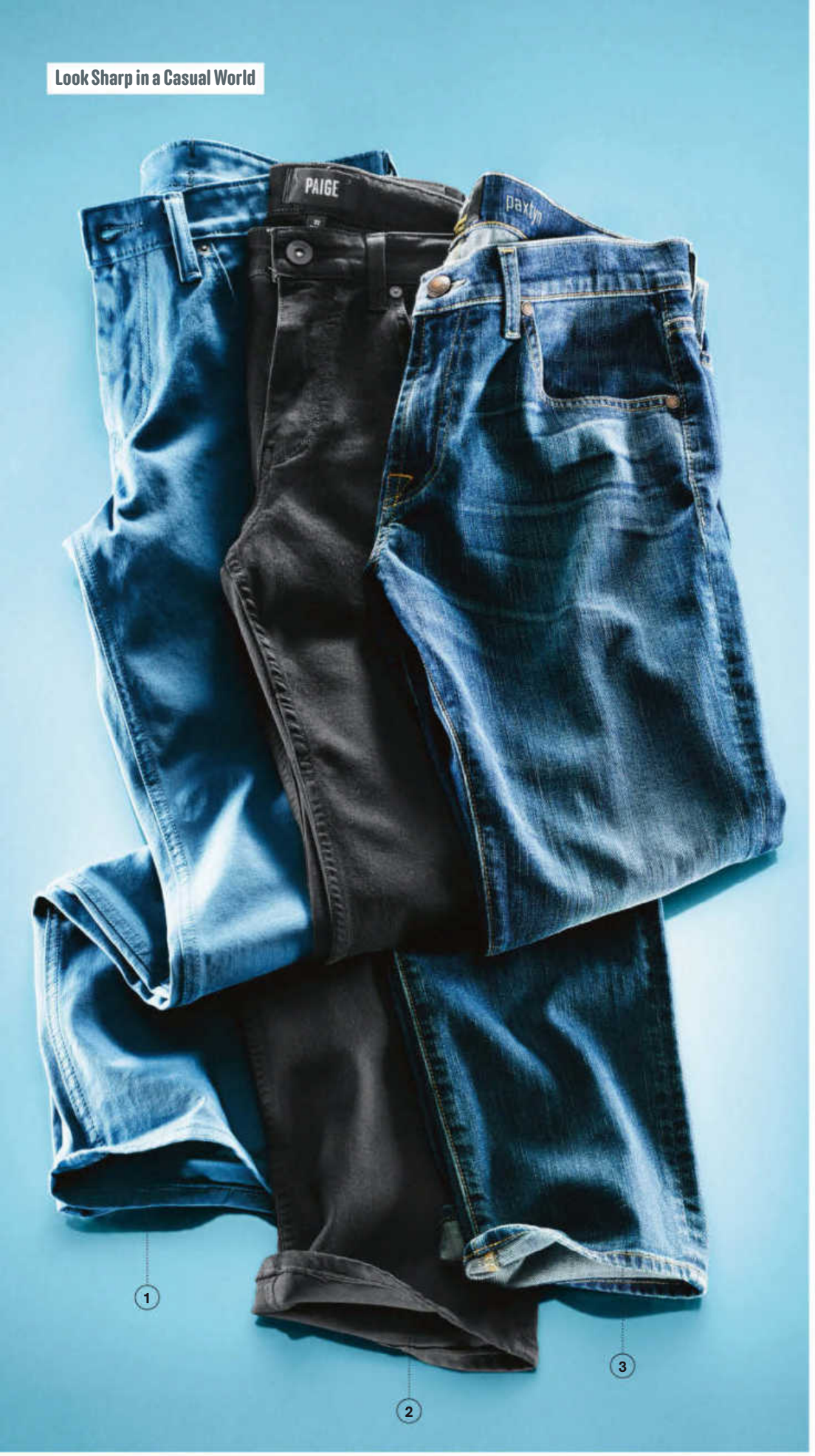
PHOTOGRAPH BY NIGEL COX

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MATT CUTSHALL & ARIELLE VANDENBERG: VINE COMEDIANS. LOS ANGELES.
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JEANS



RULE

6

Denim Shouldn't Be Complicated

Skinny, wide-leg, boot-cut… jeans styles come and go. Rather than chase every denim trend, stick with timeless, slim, straight-leg designs, says Andrew Weitz, founder of The Weitz Effect, an L.A.-based executive style consultancy. "This cut provides room in the seat and thighs, which tends to be a priority for men, while still giving a tapered look from the knee down," he says. Even better: Today's jeans feel more comfortable than ever thanks to the latest in denim technology. (Yes, it's a thing.) We think these three smart options do it right.

1/ Pants That Ride the Right Way
Bike commuters take note: Levi's uses 2 percent elastane for ease of movement. The denim is treated to repel dirt and water, and the design features reflective details, a U-lock holder, and a higher back rise so your crack doesn't show while you're riding. *Levi's Commuter 511 Slim Fit, $98*

2/ The Handyman's Helper
Rayon fibers woven into the fabric provide stretch, so your jeans are comfortable even when snug. That's handy when you're working around the house or you find yourself changing a flat tire. *Paige Transcend Normandie, $179*

3/ Indestructible Denim
A patented process relaxes the denim fibers before the jeans are sewn. The result is a soft-to-touch garment that will hold its shape and structure through countless rounds in the spin cycle. *7 for All Mankind Foolproof Paxtyn, $189*

Photograph by NIGEL COX; styling: Michele Faro/Art Department



PERRYELLIS ● COM

RULE

7

Print Is Personality

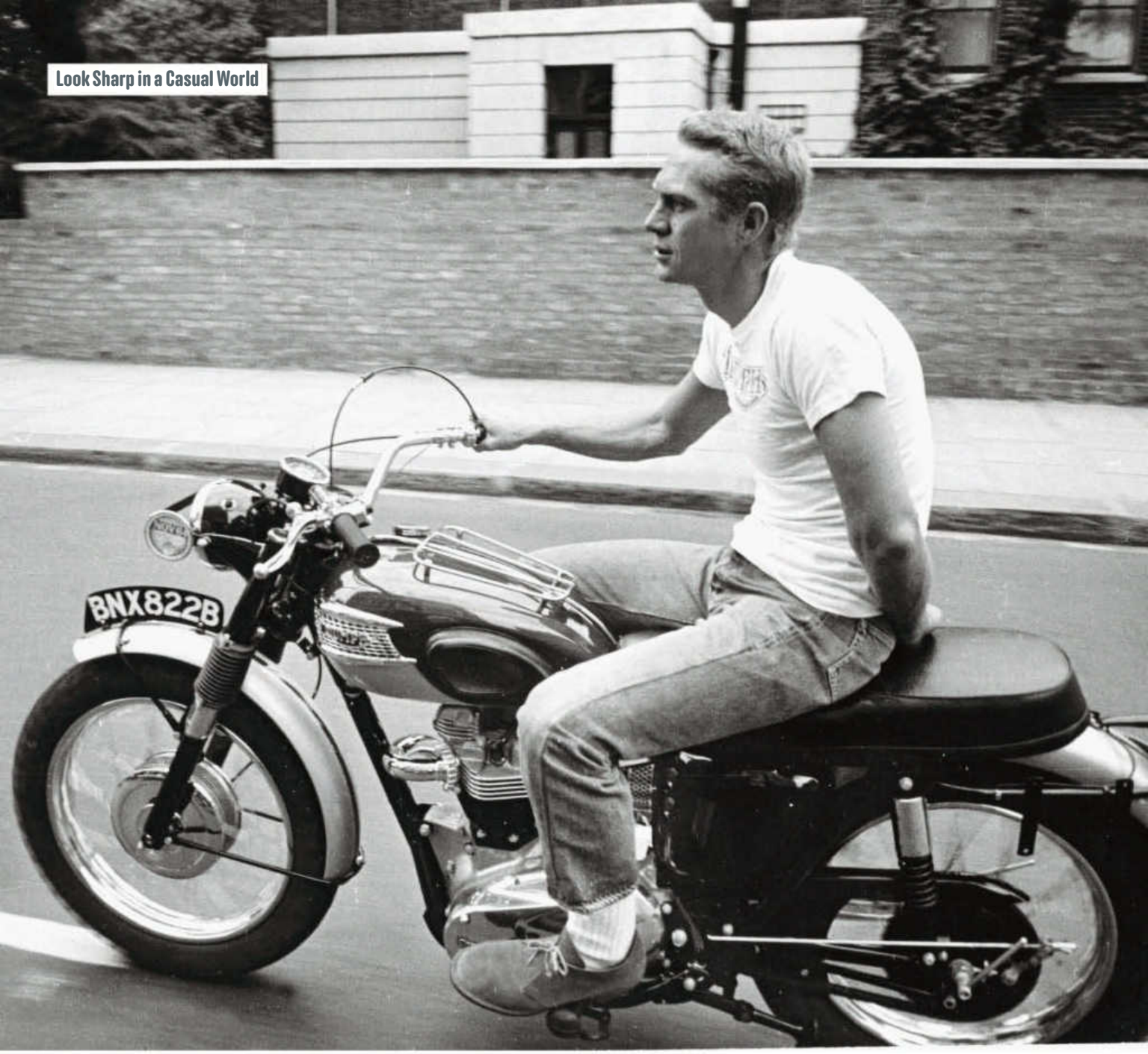
Designers are pushing patterns hard this spring, so expect to see loud, playful shirts in stores. But don't be intimidated; this is a look you can easily master. Start by coordinating the size of the shirt's print with the size of your body, says executive style consultant Andrew Weitz. A man with a slight build looks most natural in a shirt with a smaller pattern (see the guy wearing pink, far right), while a man with a more muscular or stocky frame will benefit from a larger design. Follow this rule when you want to fit in, and break it with abandon when you're ready to be noticed (like the middle guy).



From left
Ernest Alexander $225
Saturdays NYC $135
Banana Republic $70



PHOTOGRAPH BY BEN LAMBERTY



RULE

8

When You Need Inspiration, Look to Steve McQueen

The paradox of style is this: It's often the simple things that land the hardest. The Rat Pack's crisp, tailored suits and skinny black ties still look as memorable as anything you'd catch guys like Timberlake, Clooney, and DiCaprio wearing on the red carpet. And in that same era, Elvis Presley, Marlon Brando, and Steve McQueen managed to make basic T-shirts and jeans look better than 90 percent of the clothing we see on today's runways. They weren't wearing harem pants or Mountie-style hats (à la Pharrell Williams). Silly stuff. True style doesn't depend on loud colors, boastful logos, or gimmicky accessories to command respect. With selvedge jeans, T-shirts, military jackets, and old-school Converse sneaks, those guys laid the foundation for a look that's strong, timeless, and simple to pull off. To do it right, don't be thrifty, says stylist Jacqui Stafford, author of *The Wow Factor*. You're deluding yourself if you think a three-pack of drugstore T-shirts and some paint-stained carpenter jeans make you a titan of cool. Instead, invest in fitted garments with durable stitching that won't billow or bunch—like our picks at right. Then, above all, just be confident. If you don't believe you look good, nobody else will.



J Brand shirt, $68
Agolde x A$AP Ferg jeans, $278
Converse shoes, $95

This page: Michel Descamps/Paris Match via Getty Images (McQueen); MITCH MANDEL (clothes); styling: Annie Edwards; opposite: NIGEL COX



RULE

9

A Man Should Keep Some Secrets

The small surprises in your pockets and under your sleeves—key fobs, bracelets, and so on—can evoke mystery. Accessories convey that a man pays attention to detail, says Tony Kretten, creative director at JackThreads. So offer a few glimpses of your playful side with hits of color or subtle patterns.

RULE

10

Your Watch Tells More Than Just Time

The hardware on your wrist never goes unnoticed, says Hyla Bauer, editor-in-chief of *Watch Journal*. Our suggestion: Rock the rugged watch shown here to send the message that you have more going on than just 9-to-5 toil. With other men ditching traditional timepieces in favor of smartphones, you have the perfect opportunity to make a strong personal statement. Look at your wrist right now. What are you telling the world?

Clockwise from top left
Scosha bracelet, $160
Coach Men's wallet, $195
Cartography necklace, $119
Citizen Watch Navihawk A-T watch, $750
Filson lanyard, $65



RULE

11

Your Scent, Like Your Car, Should Broadcast Who You Are

1/ For the Creative Mind
The blend of green pepper, vetiver, and gunpowder will solidify your high-caliber reputation. *Commes de Garçons Amazingreen, $125*

2/ For the Scratch Golfer
No scent takes you more smoothly from fairway to clubhouse. Citrusy bergamot and grassy vetiver smell like birdies—in a good way. *Acqua di Parma Colonia Club, $138*

3/ For the Outdoorsman
Leather and roast coffee suggest ruggedness; crisp ginger says you clean up nicely. *Ralph Lauren Polo Red Intense, $86*

4/ For the Aspiring CEO
The subtle trio of mandarin, lemon, and mint implies a fresh direction. Even your worst ideas will seem innovative. *Eau D'Italie Acqua Decima, $140*

5/ For the Bachelor
You'll make an intriguing first impression: A hint of rose betrays a softer side beneath the rough, earthy cedar notes. *Versace Pour Homme, $82*

Photograph by NIGEL COX; styling: Michele Faro/Art Department


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WHAT'S NEXT
With a new double-wishbone rear suspension and a lower center of gravity, the 2016 Prius is making getaways even more thrilling.
THE ALL-NEW
PRIUS
toyota.com/prius
Prototype shown with options. Production model may vary. ©2015 Toyota Motor Sales, U.S.A., Inc.



RULE

12

Curate Your Color

Build a wardrobe from colors that flatter your skin tone and you'll always look like a youthful paragon of health and vigor—even if you happen to be nursing a ferocious, head-crushing hangover (hypothetically speaking, of course).

Here's how to look your best: If your skin is pale, stay away from bright colors. They'll wash you out, says Leatrice Eiseman of the Pantone Color Institute. Softer hues, especially blues, rose tones, and greens, will look better on you.

You dark-skin dudes have it a bit easier. You can pull off pale and bright shades—any color that contrasts with your skin tone will attract the right kind of attention.

Finally, if you're olive toned, go through your closet and trash your yellowish-green shirts. They make you look like Shrek. Our tip: Pick deep colors, like turquoise or teal.

From left
JackThreads sweater, $100
Uniform Wares M37 watch, $500
Sunspel sweater, $250
Nautica NST 30 watch, $185
Autumn Cashmere sweater, $235
Nautica NFB01 watch, $185





RULE

13

Shoes Must Pass Her Inspection

Ladies have elevator eyes too, you know. And they go all the way down to your feet. We asked more than 700 *Women's Health* readers which men's accessory reveals the most about the wearer, and 72 percent of them said shoes. So how do you kick up your kicks? With classic styles, real leather, and stitched soles. (If you can't see the stitching, they're glued on.) Quit thinking of shoes as a short-term purchase. Invest in quality and find a good cobbler, and they'll look new for years. "Men's shoes evolve more slowly than women's," says stylist Jacqui Stafford, "so they don't go out of style."

1/ The Chukka Boot
The oil-tanned classic leather is durable and stain resistant. *Red Wing Heritage, $230*

2/ The Hybrid
Dress shoe on top, sneaker on the bottom. Company dress codes be damned. *Cole Haan, $270*

3/ The Dress Shoe
Don't be tied down: A double monk strap looks sharp with suits and jeans alike. *Banana Republic, $158*

4/ The Upgraded Sneaker
Casual or not, these all-leather kicks will earn you respect in the office. *To Boot New York, $350*

5/ The Loafer
Wear these like the Italians who crafted them do—without socks. *Fratelli Rossetti, $600*

Photograph by NIGEL COX; styling: Michele Faro/Art Department


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RULE

14

Your Powerful Navy Can Be Deployed Almost Anywhere

Pulling from its military heritage, navy suggests that its wearer is leadership material—confident and self-assured. "It's easily the most versatile, sophisticated color in any man's work wardrobe, and men with any skin tone can wear it," says designer Uri Minkoff, who—no joke—named his kid Navy. Okay, so you might not love the color *that* much. But you can still use it strategically to succeed at work. Here are 10 ways to do just that.



An All-Time Great
A navy leather band turns a classic sport watch into an envy-inducing workplace accessory.



1/ Nautica NFB01 watch, $185
2/ Reiss pants, $180
3/ Levi's jeans, $98
4/ Tommy Hilfiger jacket, $450
5/ Bonobos shirt, $85
6/ Nautica belt, $68
7/ Reiss sweater, $170
8/ Alexander Olch tie, $150
9/ Nautica sweater, $198
10/ Florsheim X Esquivel shoes, $600



PHOTOGRAPH BY NIGEL COX

RULE

15

The Fit Makes the Man

In our survey of *Women's Health* readers, 99 percent said that good fit is more important on men than expensive apparel. Remember that as you shop. "Every guy can use landmarks on his body to gauge if his clothes fit—no tape measure necessary," says Matt Harpalani, founder and lead tailor at Imparali Custom Tailors in New York City.

1/ Check Your Wrists
Hang your arms at your sides. Each jacket sleeve should end at the bend in your wrist; your shirt cuff should extend a quarter inch below that.

2/ Find Your Shoulders
Touch the top of each shoulder where it meets your arm. You should feel the seam of your shirt or blazer. If it droops lower, it won't show off your muscles.

3/ Give Yourself a Break
With your waist 2 inches below your belly button (or 1 inch for dress pants), your pants should hit your shoes with just a single break.

RULE

16

Your Wardrobe Must Pass the Pinch Test

Girth is just as important as length. With your clothes too.

4/ Test Your Shirt
Grab the fabric 6 inches above your waist: the maximum is 3 inches of slack. "The looser the shirt, the fatter you look," says Harpalani.

5/ Grab Your Ankles
You want no more than 4 inches of slack when you pinch your pant legs just above the ankles.



This page: ULI KNÖRZER (illustrations); previous spread: RYAN OLSZEWSKI (watch); styling: Annie Edwards

RULE

17

Traveling Should Be Done in Comfort

You think Cary Grant ever wore pajamas on a plane? We doubt it. So leave the sweatpants and clogs at home. You don't need them. Embrace these guiding principles and you'll be just as comfortable.

Stretch Out

How would you dress for a sardine can? Not in stiff denim or thick wool slacks, that's for sure. Find pants made with 2 or 3 percent spandex; that'll provide just enough stretch to keep you comfortable. Dockers, Paige, and 7 for All Mankind all make reliable options.

Keep It Simple

Unless you're heading off to a clown convention, avoid packing bright colors or bold patterns. The pro move: Stick with neutral solids so all the clothing in your bag can be paired. This strategy also lets you pack lighter. Just plan on rewearing everything you can.

Let 'Em Slide

Lace-up shoes slow you down in the security line and pinch as your feet swell during flight. Go with loafers or slip-on sneakers for slipperlike comfort. If you plan to kick them off on the plane, better be sure those socks aren't stinky, okay? That air gets recirculated.



Tommy Hilfiger jacket, $295
Hardy Amies shirt, $230
Paige pants, $179
Fratelli Rossetti shoes, $400
Saturdays NYC sunglasses, $295

MITCH MANDEL (clothing), styling: Annie Edwards; Bettmann/Corbis (Grant)

RULE

18

You Need Three Bags

1/For Hands-Free Hauling
Get a bag that works at the gym or office. *Coach Men's backpack, $550*

2/For the Weekend
Two nights away? Lose the roller and use your muscles, man! *Uri Minkoff weekender, $425*

3/For Daily Use
Bang it around—it'll only look better. *Jack Spade carryall, $528*

RULE

19

For Commuting Gear, Go Synthetic

Fabrics like polyester and spandex have come a long way since the Richard Simmons era. They're now used in fitness and respectable office attire—jackets, button-ups, and trousers. Always check the labels: Go with items that stretch and are machine washable to minimize your dry-cleaning bills.

RULE

20

Style Should Not Skip the Gym

Build your body *and* your rep: Wear gear that fits snugly and has details like zippered pockets and compression liners. Opt for wicking fabrics to stay dry. "If you wear cotton, you'll be soaked, which feels gross and makes other people uncomfortable," says *Men's Health* fitness director BJ Gaddour.



CASUAL LOOK
J.Crew sweatshirt, $70
Ted Baker London shirt, $149
Levi's pants, $98
Kenneth Cole shoes, $160
Miansai bracelet, $125



COMMUTER LOOK

Levi's jacket, $148
Mizzen+Main shirt, $125
Kit and Ace pants, $158
Epaulet shoes, $195
Ox & Bull Trading Co. tie, $50
Uniform Wares watch, $800
Brilliant Bicycle Co. bike, $349
Timbuk2 backpack, $289



GYM LOOK

Eysom shirt, $85
Lululemon shorts, $72
APL shoes, $185
Beats by Dr. Dre headphones, $380



RULE

21

You Should Break the Rules—Often

We've listed plenty of guidelines for how a man should dress. But if you don't challenge convention now and then, you risk being just another drone in a blue suit and red tie, wondering why no one's paying attention. The trick is to break the rules like you make the rules. Wear your clothes with confidence and everyone else will think they missed the memo on how to look cool. This is how Fred Astaire decided that his silk neckties could double as belts; eight decades later the man is still considered an icon of elegance. Designers like Ralph Lauren (above) play by their own style rules as well. That means you can too—and throwing away the rule book should be your first move. Pair jeans with a tuxedo jacket or a Western belt with a slim-cut cashmere suit. Put cuffs on your khakis. Wear white socks with black loafers. Hell, mix plaids if you dare. And don't worry about taking it too far. If that happens, your real friends will always let you know.



Polo Ralph Lauren tuxedo, $1,395; shirt, $99; bow tie, $85
Epaulet sneakers, $195

Where to Buy

Acqua di Parma
bloomingdales.com

AG
agjeans.com

Agolde x A$AP Ferg
agolde.com

Alexander Olch
eastdane.com

APL
aplrunning.com

Autumn Cashmere
theroyalbloke.com

Axel Arigato
axelarigato.com

Banana Republic
bananarepublic.com

Beats by Dr. Dre
apple.com

Bonobos
bonobos.com

Boss
hugoboss.com

Breitling
breitling.com

Brilliant Bicycle Co.
brilliant.co

Buck Mason
buckmason.com

Calvin Klein Underwear
calvinklein.com

Cartography
cartography.nyc

Citizen Watch
citizenwatch.com

Citizens of Humanity
revolveclothing.com

Coach Men's
coach.com

Cole Haan
colehaan.com

Comme des Garçons
doverstreetmarket.com

Converse
converse.com

Diesel
shop.diesel.com

Eau D'Italie
beautyhabit.com

Eleventy
stanleykorshak.com

Epaulet
epauletnewyork.com

Ernest Alexander
ernestalexander.com

Eysom
eysom.com

Filson
filson.com

Florsheim x Esquivel
florsheimxesquivel.com

Fratelli Rossetti
fratellirossetti.com

Frigo by RevolutionWear
revolutionwear.com

Hardy Amies
hardyamies.com

J Brand
jbrandjeans.com

J.Crew
jcrew.com

Jack Spade
jackspade.com

JackThreads
jackthreads.com

John Varvatos
johnvarvatos.com

Kenneth Cole
kennethcole.com

Kit and Ace
kitandace.com

L.B.M. 1911
lubiam.it

Levi's
levi.com

Lululemon
lululemon.com

Mack Weldon
mackweldon.com

Mavi
mavi.com

Miansai
miansai.com

Michael Kors
michaelkors.com (shirt)
macys.com (underwear)

Mizzen+Main
mizzenandmain.com

Nautica
nautica.com

Nice Laundry
nicelaundry.com

Nudie Jeans
nudiejeans.com

Orlebar Brown
orlebarbrown.com

Ox & Bull Trading Co.
oxandbull.com

Paige
paige.com

Polo Ralph Lauren
Select Ralph Lauren stores

Ralph Lauren
ralphlauren.com

Red Wing Heritage
redwingheritage.com

Reiss
reiss.com

Saturdays NYC
saturdaysnyc.com

Scosha
scosha.com

7 for All Mankind
7forallmankind.com

Stance
stance.com

Sunspel
sunspel.com

Ted Baker London
tedbaker.com

3x1
3x1.us

Timbuk2
timbuk2.com

To Boot New York
toboot.com

Tommy Hilfiger
tommy.com (navy blazer)
Tommy Hilfiger NYC (striped blazer)

2(X)ist
2xist.com

Uniform Wares
uniformwares.com

Uri Minkoff
uriminkoff.com

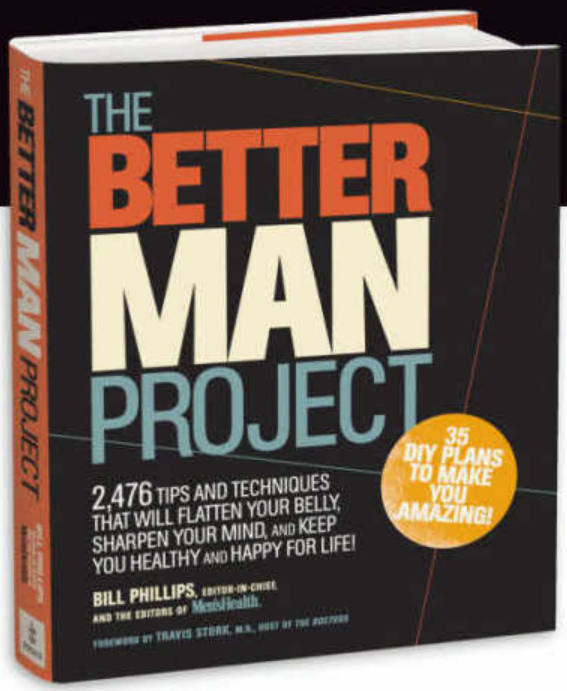
Vans
vans.com

Versace
macys.com

Photographs by BEN LAMBERTY (models), styling: Sandra Nygaard and Dan Michel, grooming: Mahfud Ibrahim/Dior Beauty and Oribe/Exclusive Artists Management; MITCH MANDEL (still lifes on white), styling: Annie Edwards; Andrea Renault/Globe Photos (Lauren)

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